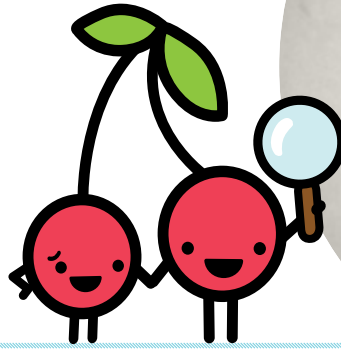


Be a sugar detective

Sugary drinks — like soda, sports and fruit drinks — aren't the best choice. They may sound tasty, but they zap your energy and don't give you the power you need every day.



Sugar goes by many different names when it's added to drinks. *Can you be a detective and look for any of these words that mean "sugar"?*

- » *Cane juice*
- » *High fructose corn syrup*
- » *Maple syrup*
- » *Cane syrup*
- » *Honey*
- » *Molasses*
- » *Fructose*
- » *Malt syrup*
- » *Sucrose*



FROZEN FLAVORS

Step 1: Add small pieces of your favorite fruits and herbs to an ice cube tray.

Step 2: Fill with water and place in the freezer.

Step 3: Add the flavored cubes to your water and enjoy the flavors as the cubes melt!

