**Sugar Quiz**

Tick or circle the correct answer

1. What should we do after we eat sugary foods?
	1. b) c)
2. What can happen if we eat too many sugary foods?
	1. b)
3. Choose the healthy snack?
	1. b) c)
4. Choose the healthy drink?
	1. b) c)



1. Which is healthiest for you?
	1. b) c)