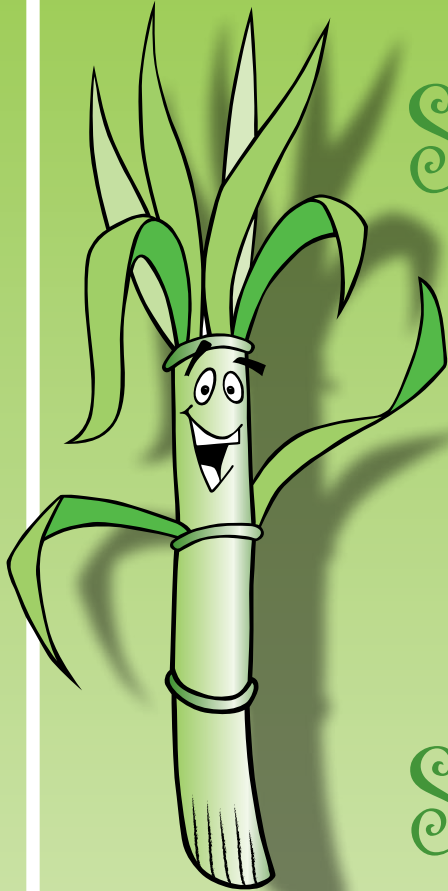


A Journey with

Sugar Cane

and

Sugar Beet





from Farm

to Food

to Fun!



Hello

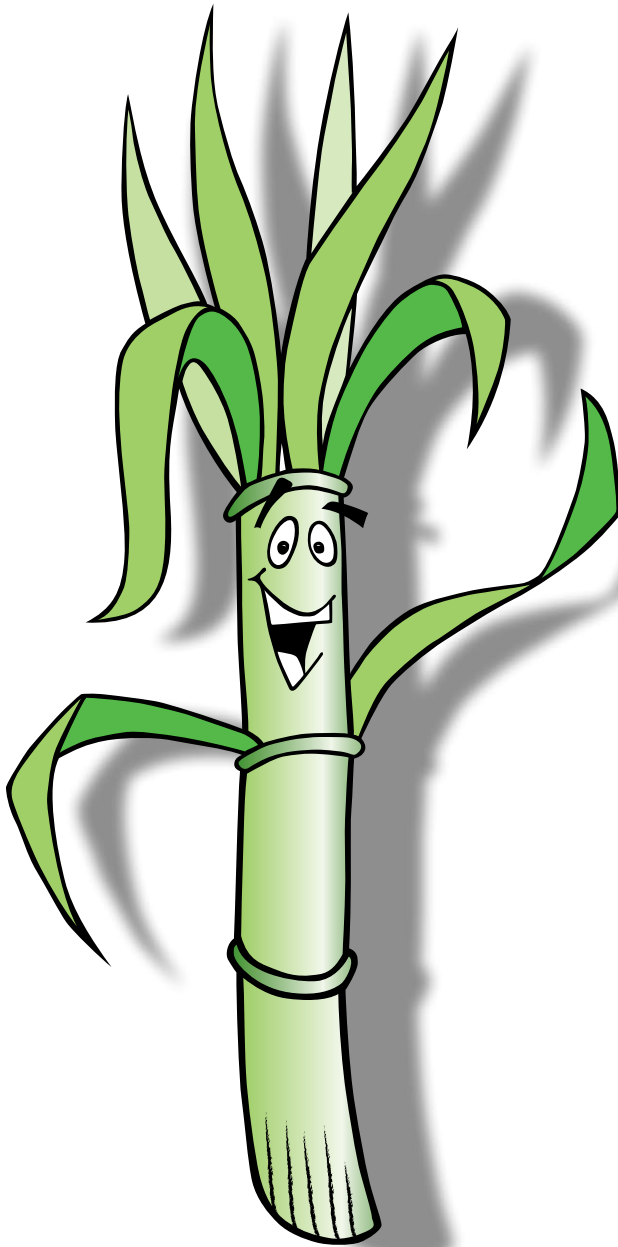


I am ***Sugar Cane***



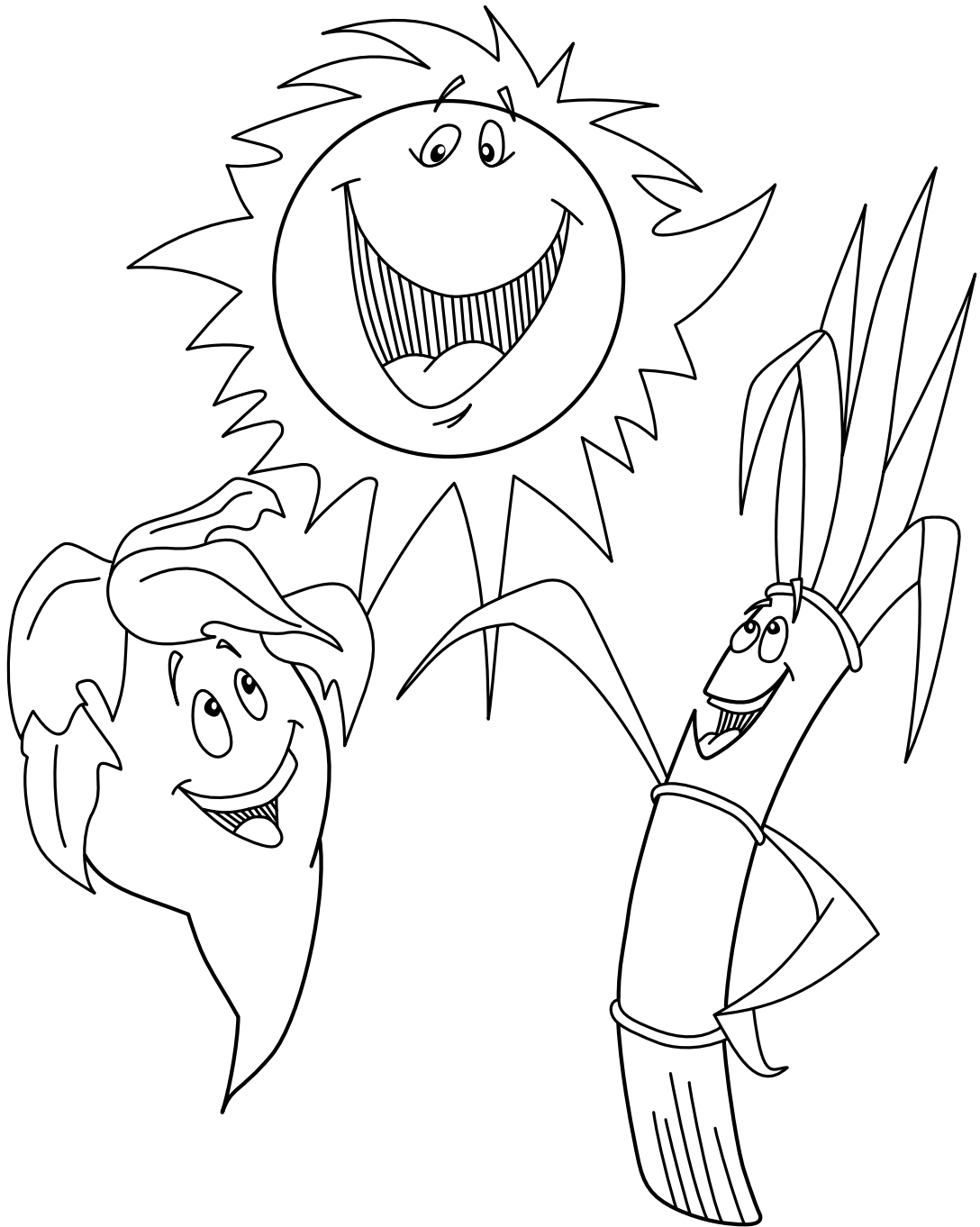
and I am
Sugar Beet

We grow up on a farm.



Sunshine helps
make sugar and
starch in plants.

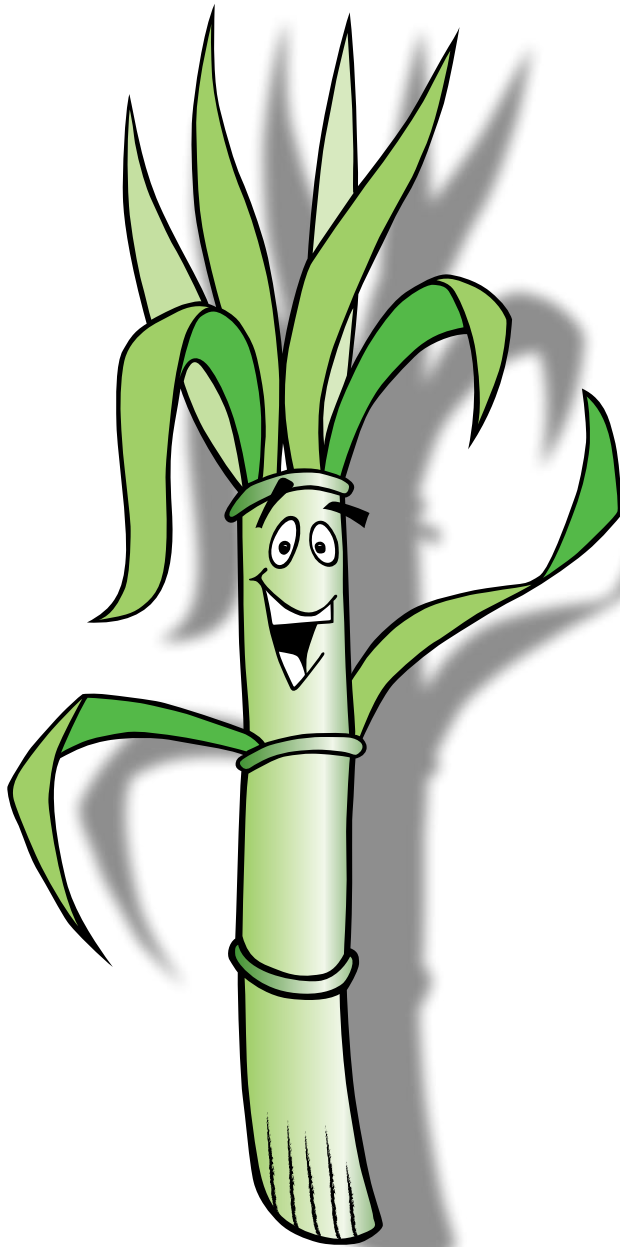
Plants use
sugar for
food to help
them grow.





*Think about all
the foods you
eat that come
from a farm.*





Color— these
important everyday
foods that
come from farms.







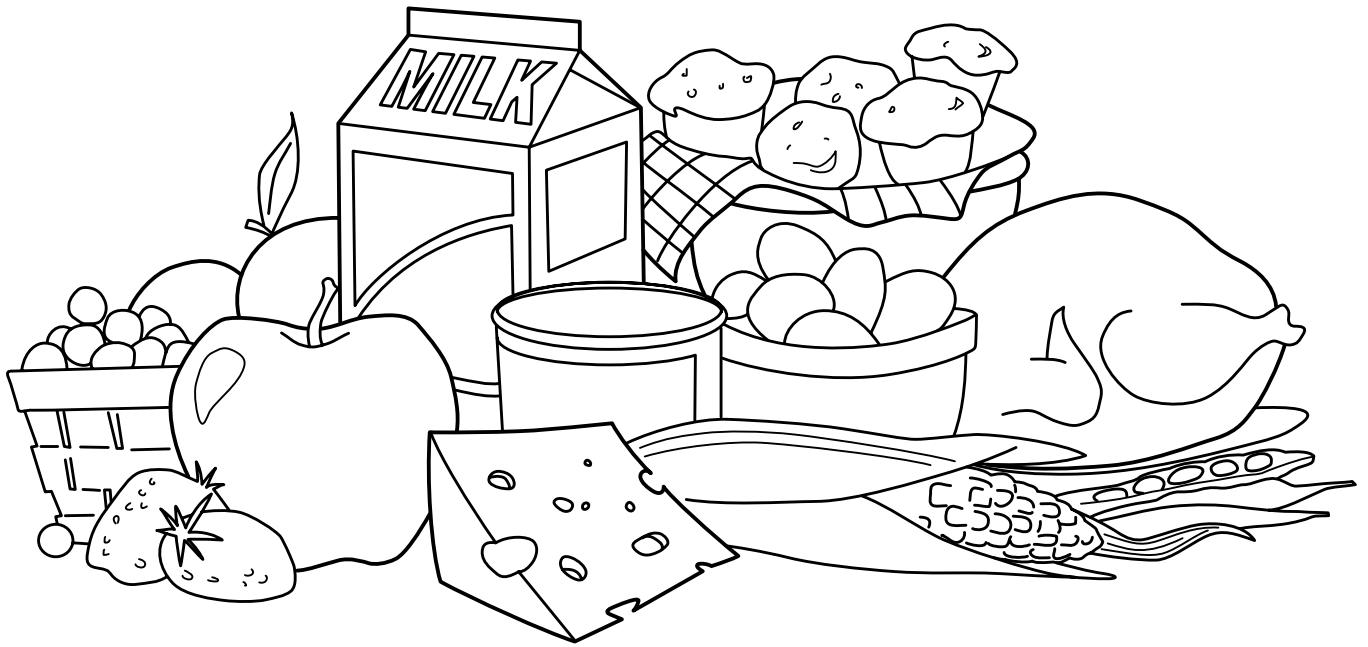
Eating Healthy Foods

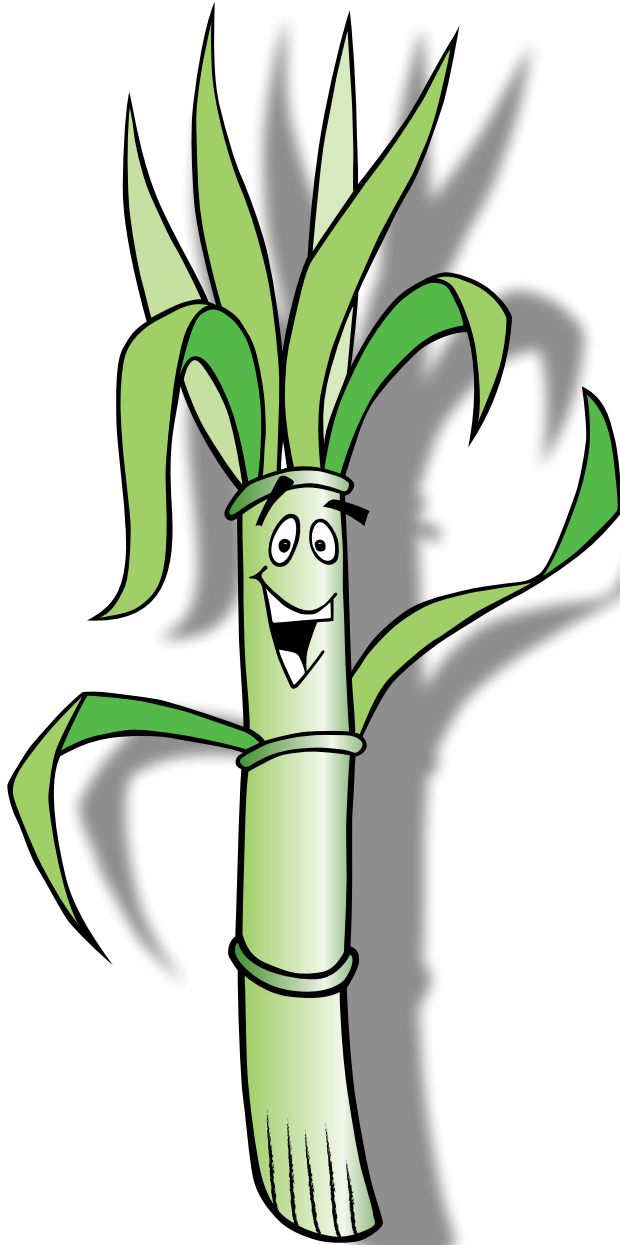
Helps You Grow



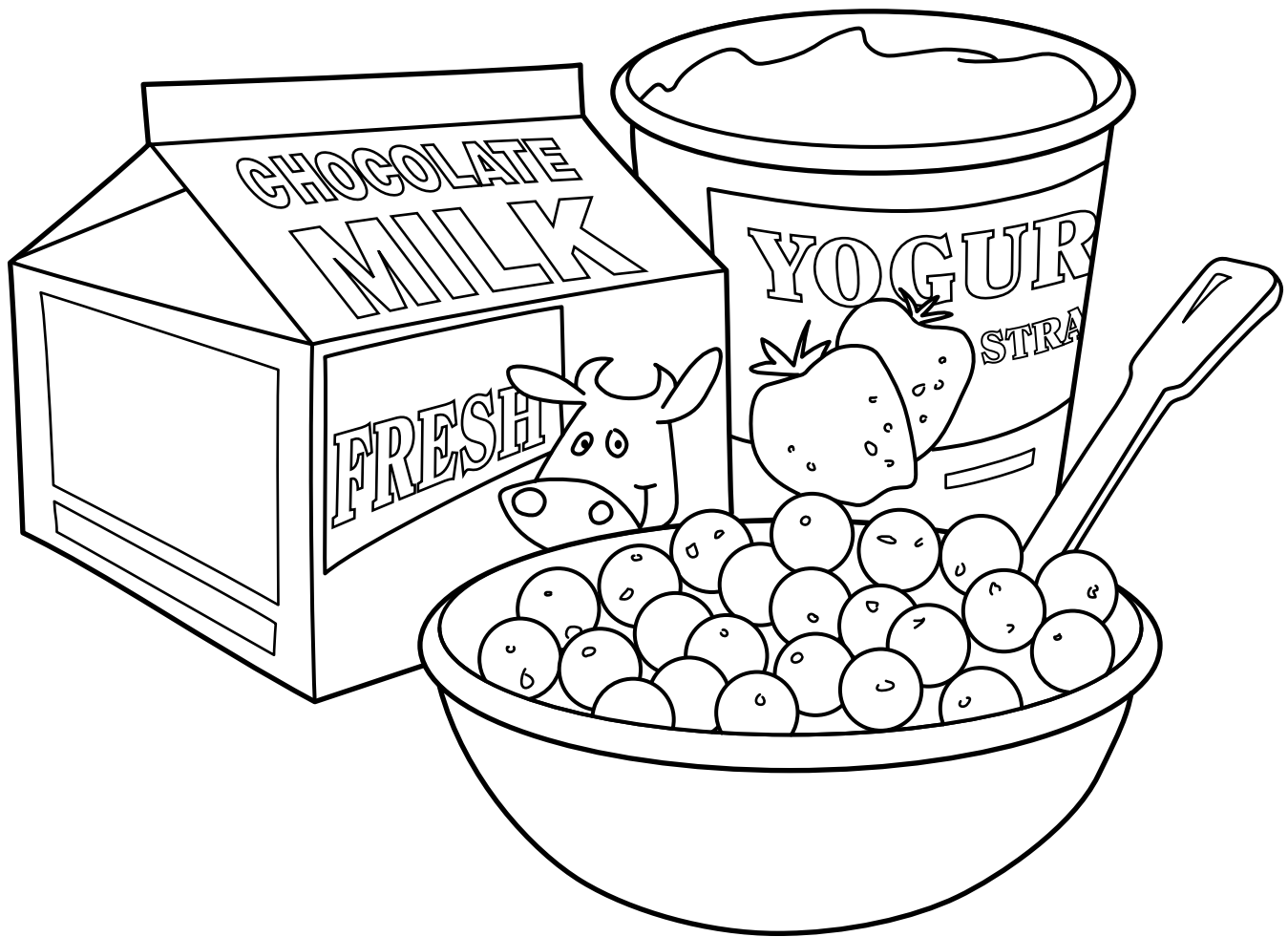


These are
important
foods with lots
of vitamins and
minerals you
need everyday.





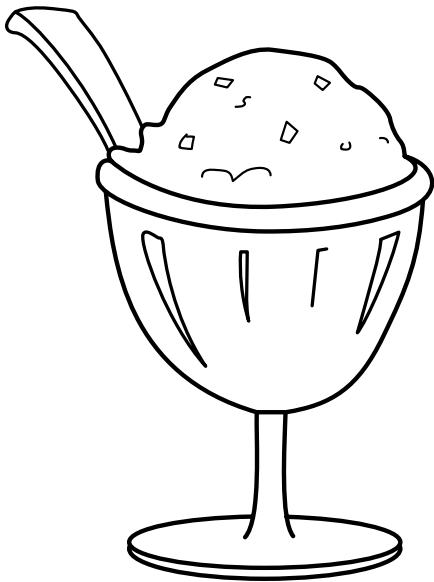
We make foods
with lots of
vitamins and
minerals taste
good!



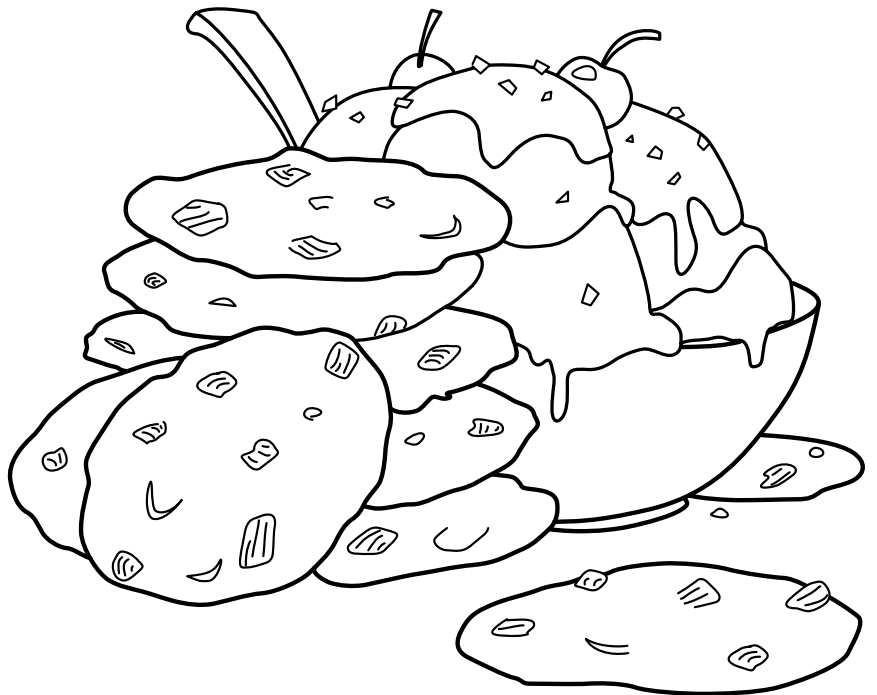


When you have
treats don't
eat too much-

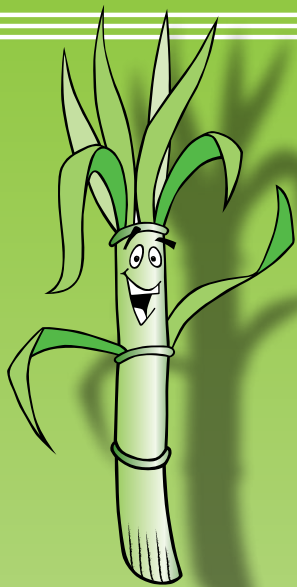
Eat this



Not that



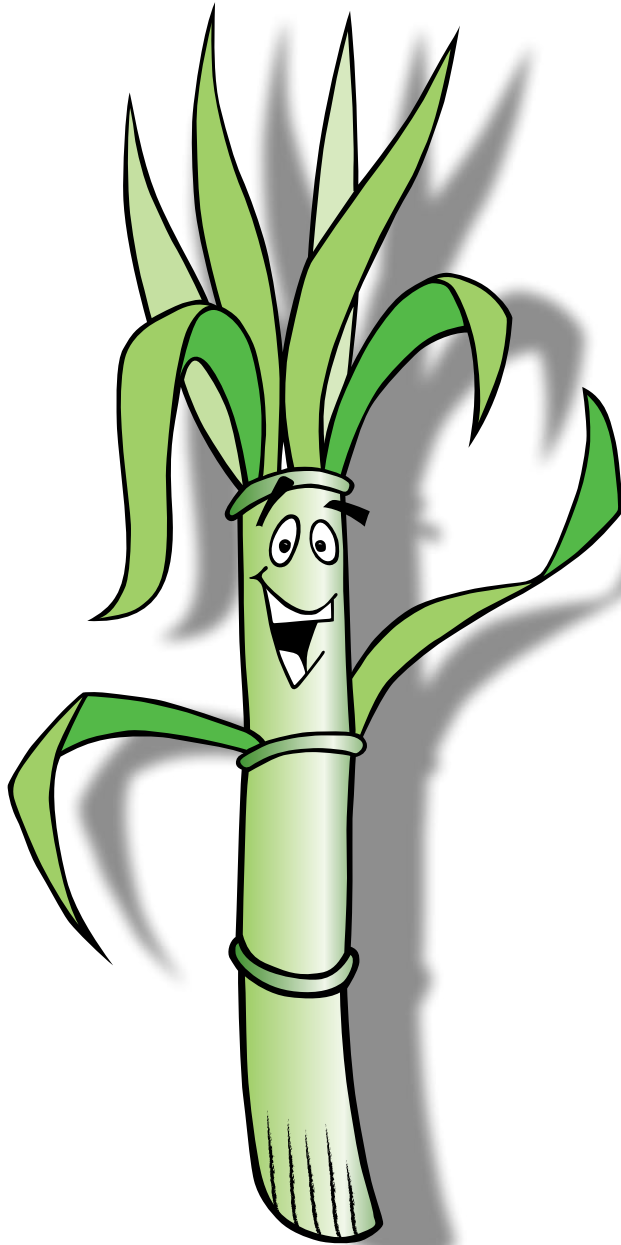




Healthy Foods

Give You Fuel To Play





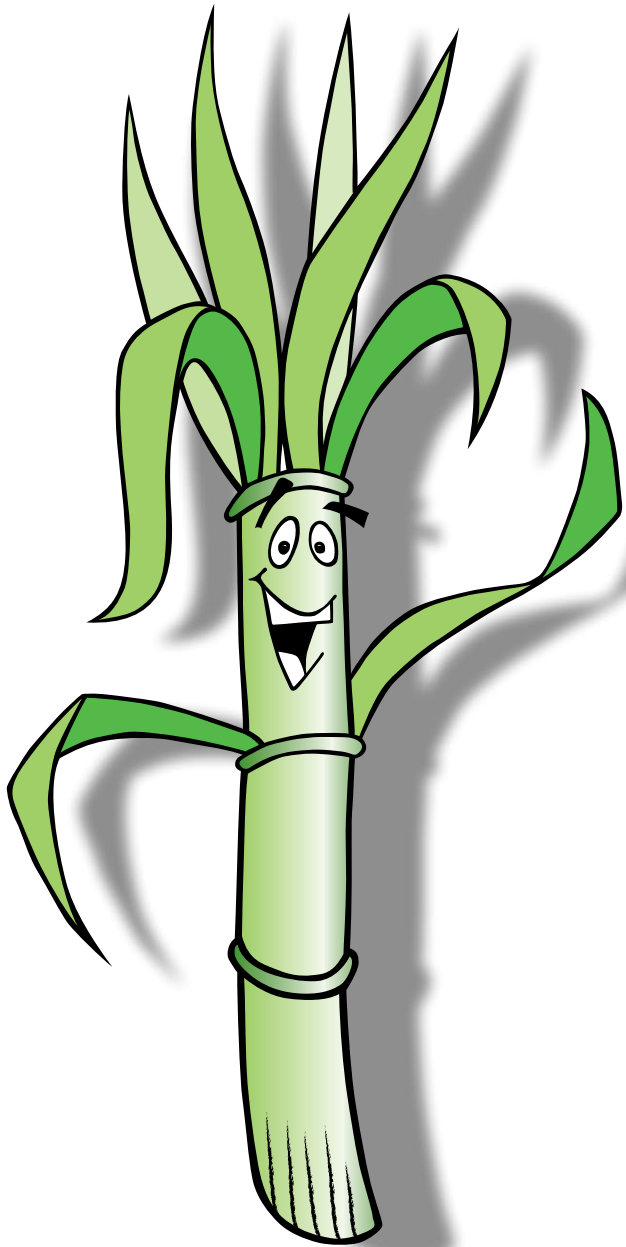
Running and
playing
with friends is
fun and good for
you!





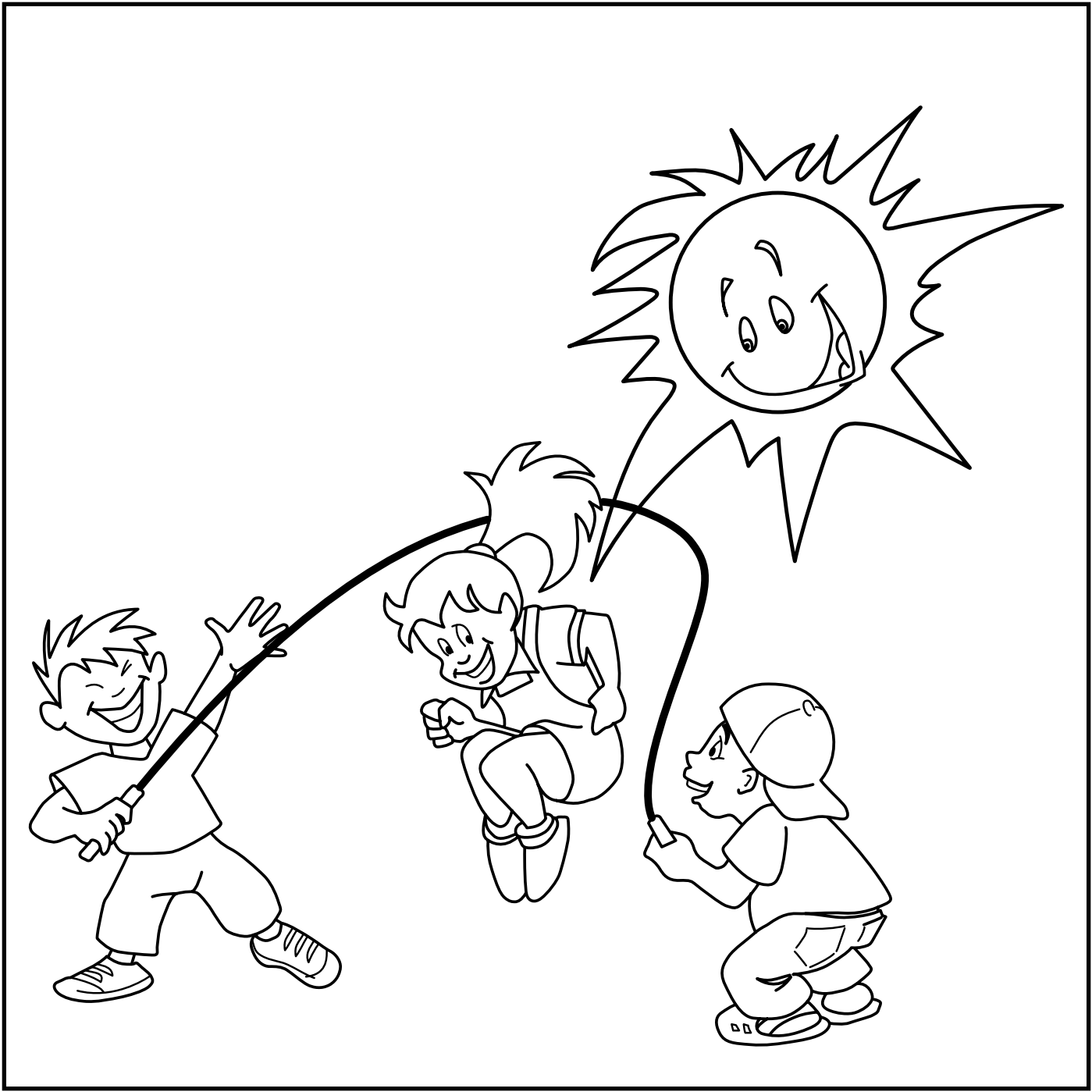
Play everyday!





We are made
from sunshine.

Playing outside in
the sunshine helps
you grow fit and
healthy!









just 15 calories per teaspoon



1300 L Street NW, Suite 1001
Washington, DC 20005

www.sugar.org