

# Get the Skinny on Sugar

**Use the chart below to determine the value of each letter used in the code.** To find the value of each letter, add together both the row number and the column number in which that letter appears. For example, A is in row 5 and column 7. Therefore, A has a value of 12. Letter A also appears in row 1 and column 6 and row 3 and column 4. So it also has a value of 7.

	1	2	3	4	5	6	7
1	G=	L=	C=	P=	S=	A=	G=
2	B=	O=	E=	W=	T=	U=	D=
3	L=	H=	S=	A=	Y=	R=	N=
4	R=	U=	W=	G=	P=	Y=	O=
5	W=	C=	Y=	I=	T=	B=	A=

**Hint:** Some letters have the same values. Other letters have more than one value. Jot down all the matching letters for each number value in a word. Then try to decode the word.

1. Eating too much added sugar can cause \_\_\_\_\_ problems.

— — — — —  
5 5 12 3 7 5

2. Sugary drinks often have lots of \_\_\_\_\_.

— — — — —  
7 7 4 11 9 9 5 6

3. A 16-ounce bottle of soda can have as much sugar as \_\_\_\_\_ sugar cubes.

— — — — —  
10 6 5 10 7 8

4. Soda adds calories to your diet without adding \_\_\_\_\_.

— — — — —  
10 6 7 5 9 5 10 10 6

5. Eating too much added sugar may contribute to heart disease and \_\_\_\_\_.

— — — — —  
9 9 7 3 5 10 5 6

6. If you drink two sodas a day for a year, those sodas would contain \_\_\_\_\_ five-pound bags of sugar!

— — — — —  
5 9 8 5 7 5 5 10

7. A can of soda can have about eight \_\_\_\_\_ of sugar.

— — — — —  
10 5 7 6 9 11 4 10 6

8. In one year, most people drink enough soda and sugary drinks to fill a \_\_\_\_\_ with sugar.

— — — — —  
3 12 7 5 10 8 11