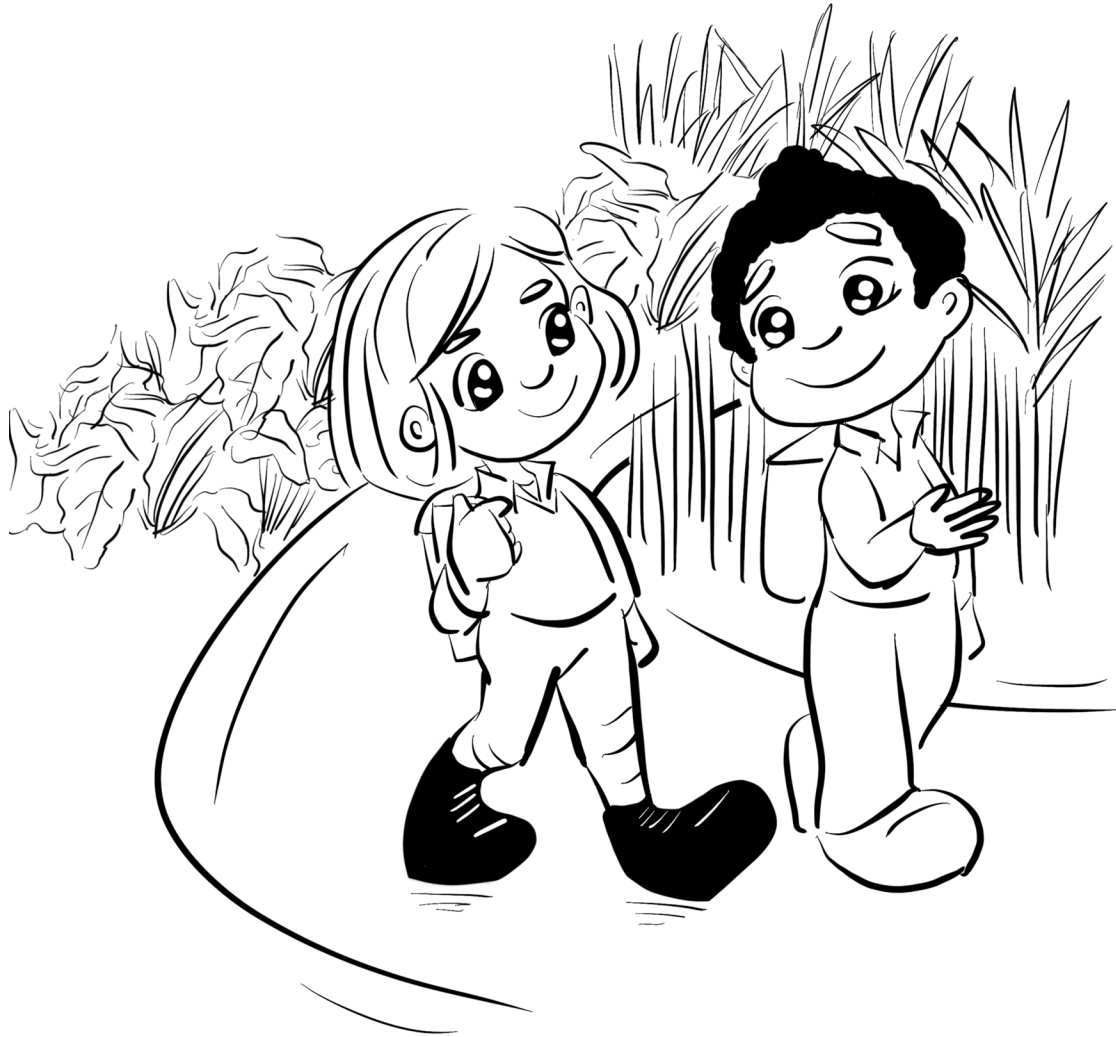


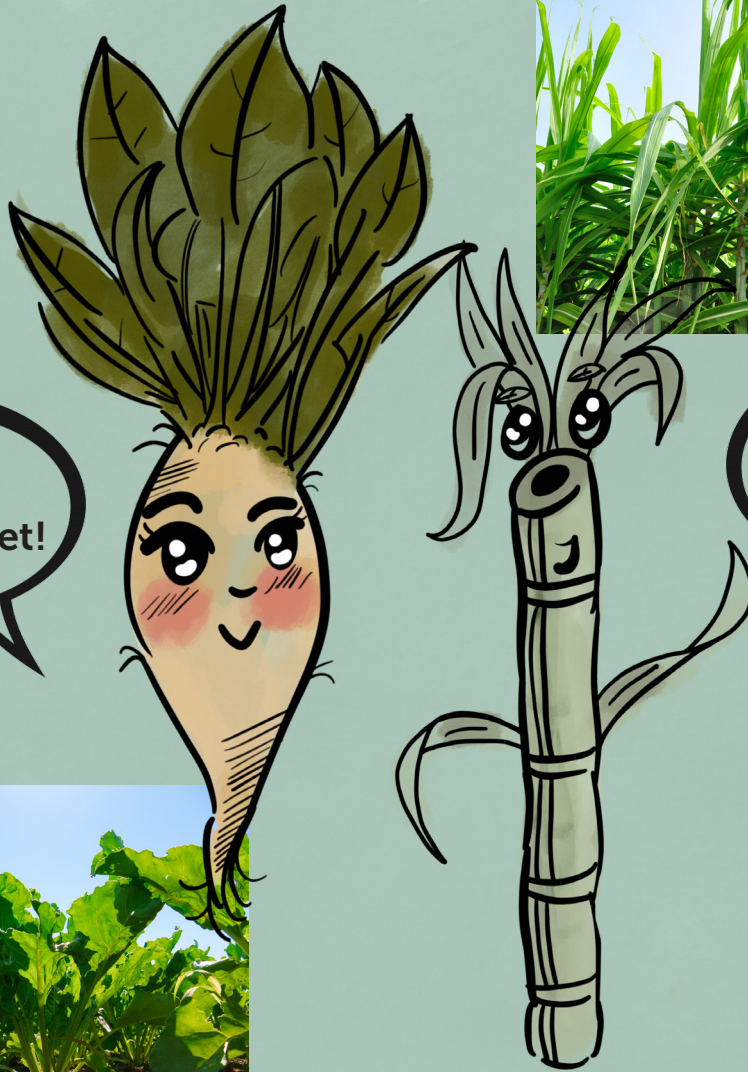
FARM to table

The Adventures of Sugar Beet
And Sugar Cane



**Follow the remarkable story that starts in
the field.**



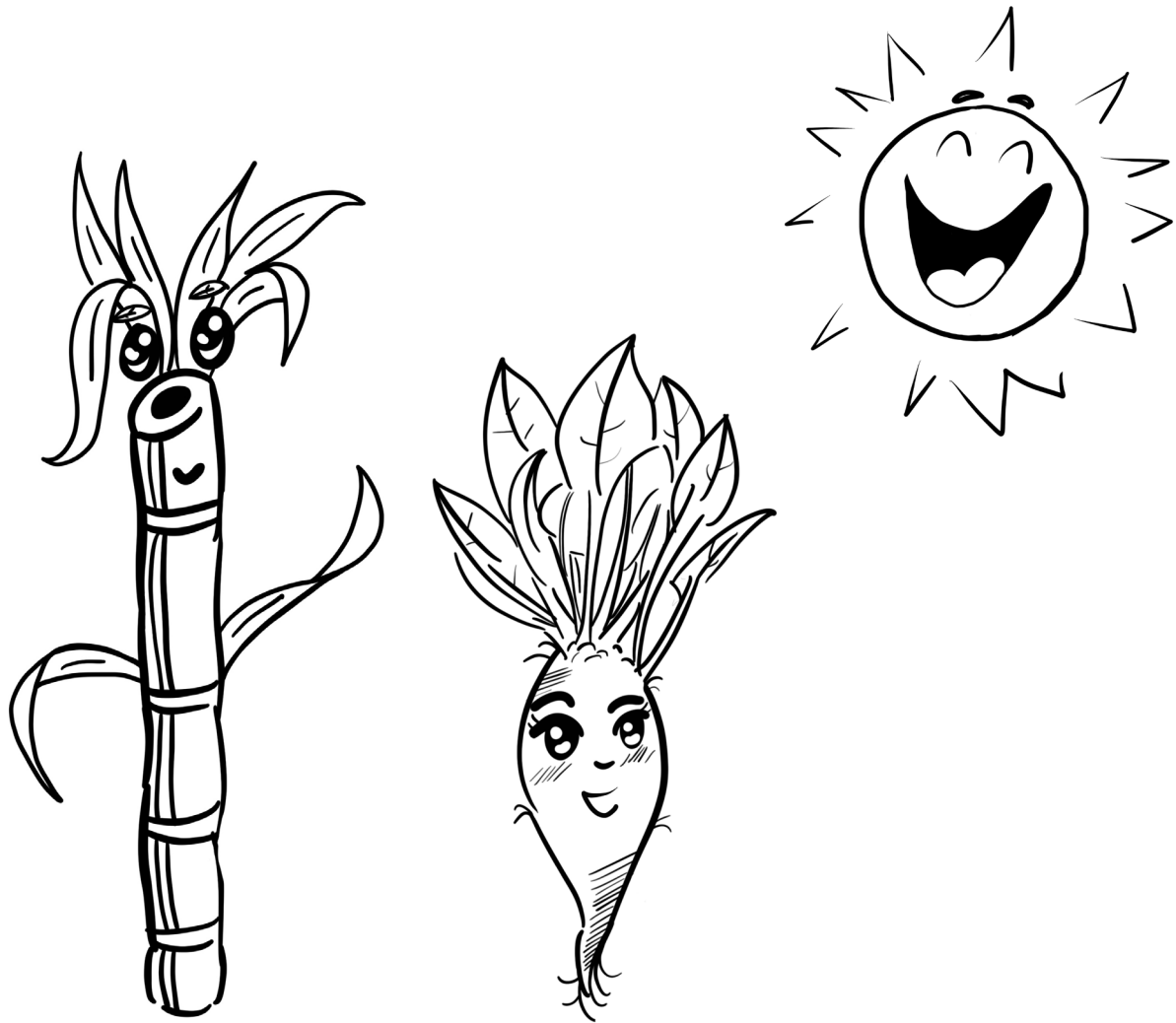


Hi, I'm Beet!

Hi, I'm Cane!



We grow up on a farm!



**Sunshine helps make sugar and
starch in plants.**

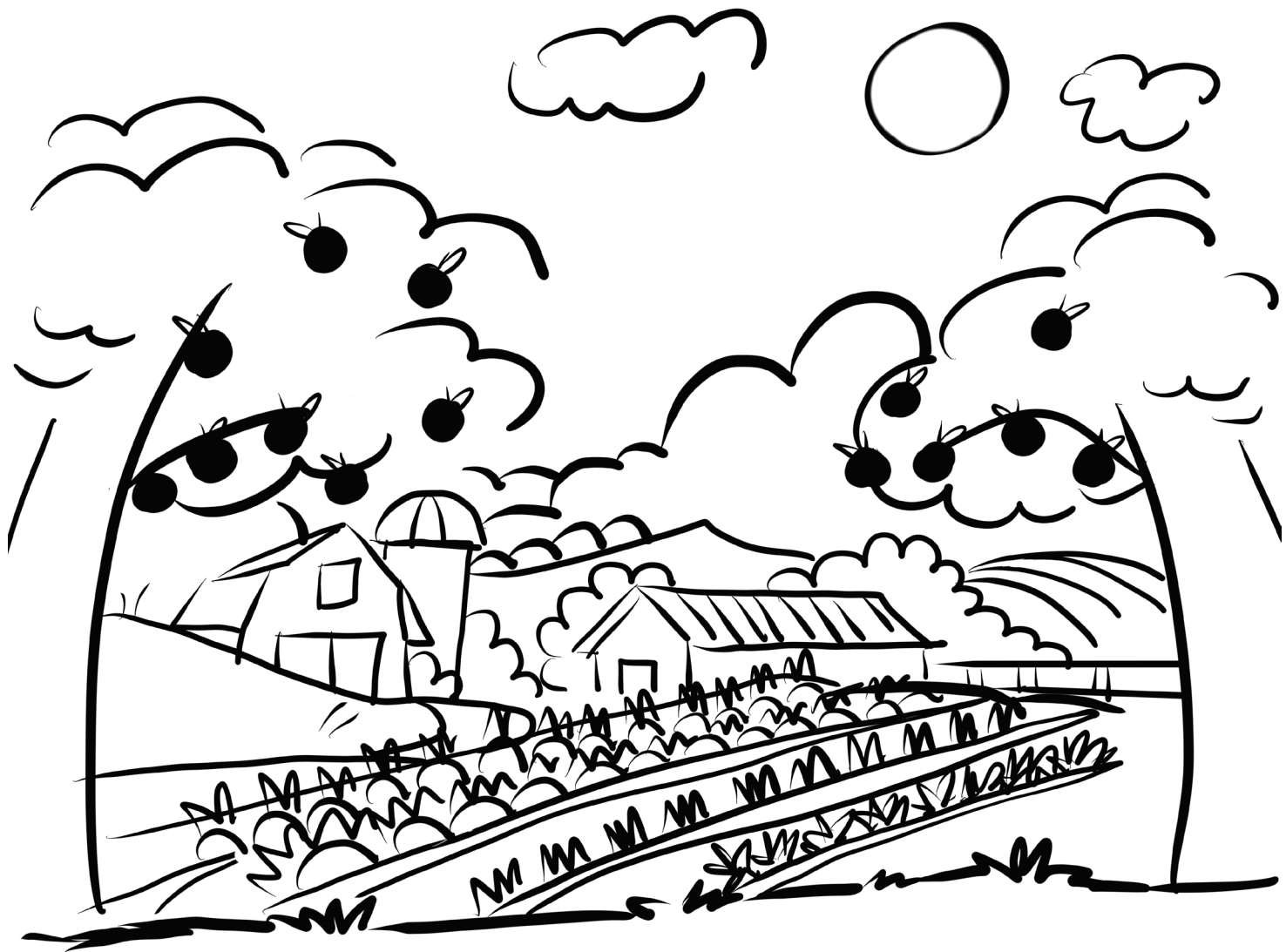
**Plants use sugar for food to help
them grow.**

**The same sugar in sugar beet and
sugar cane can be found in
almost every fruit and vegetable!**



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





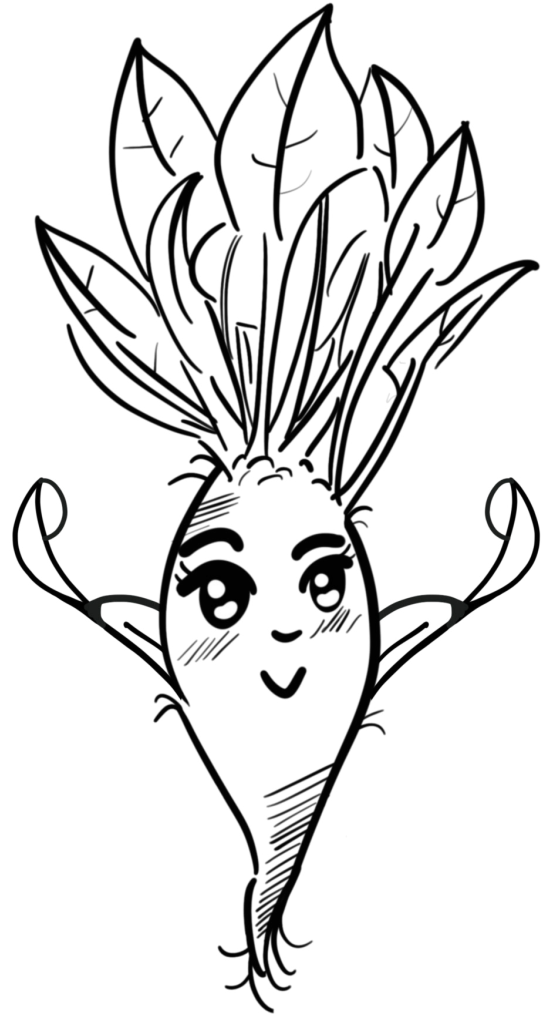
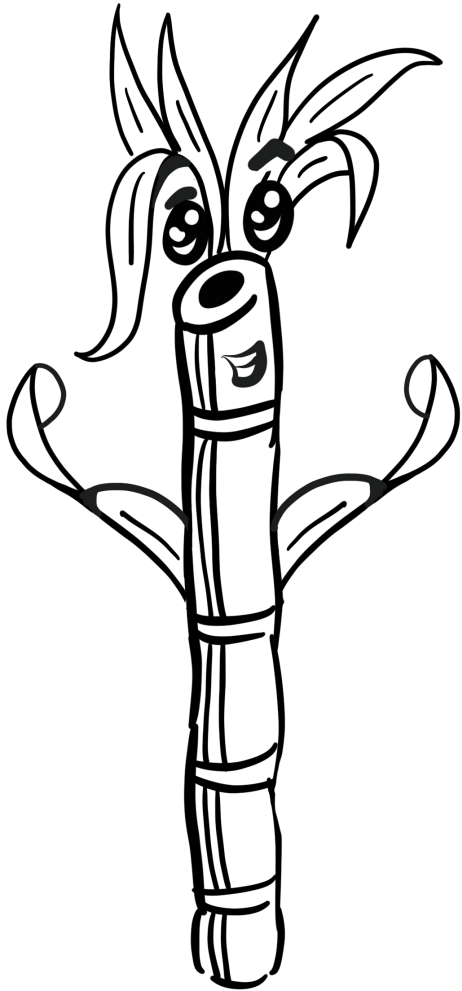


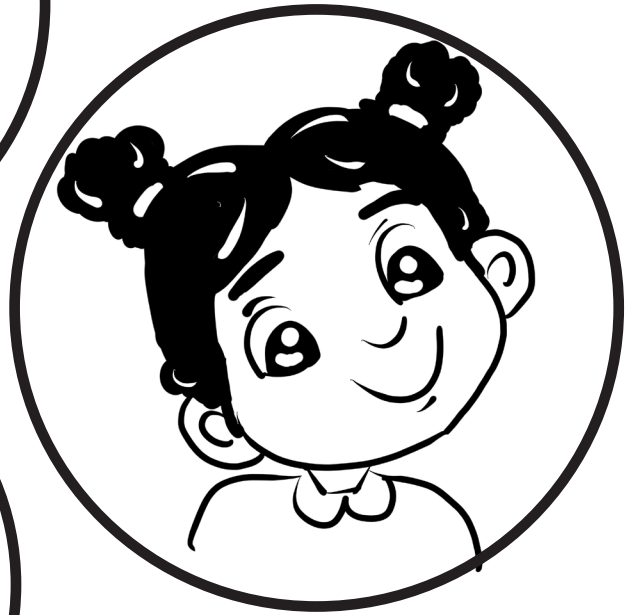
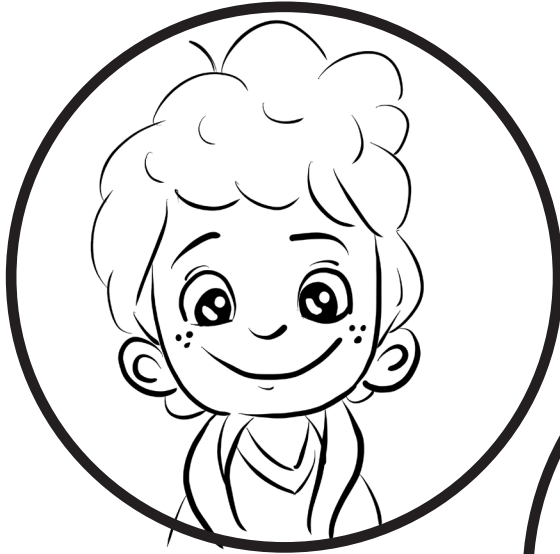
**These everyday foods come
from farms.**

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

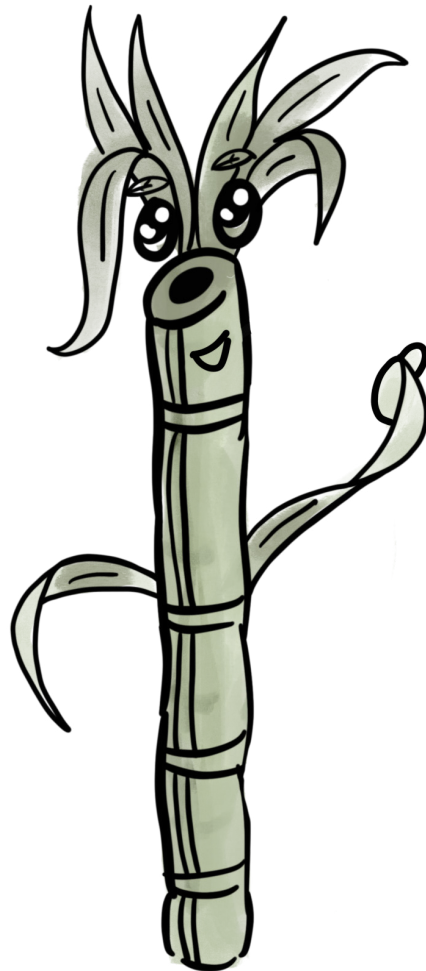


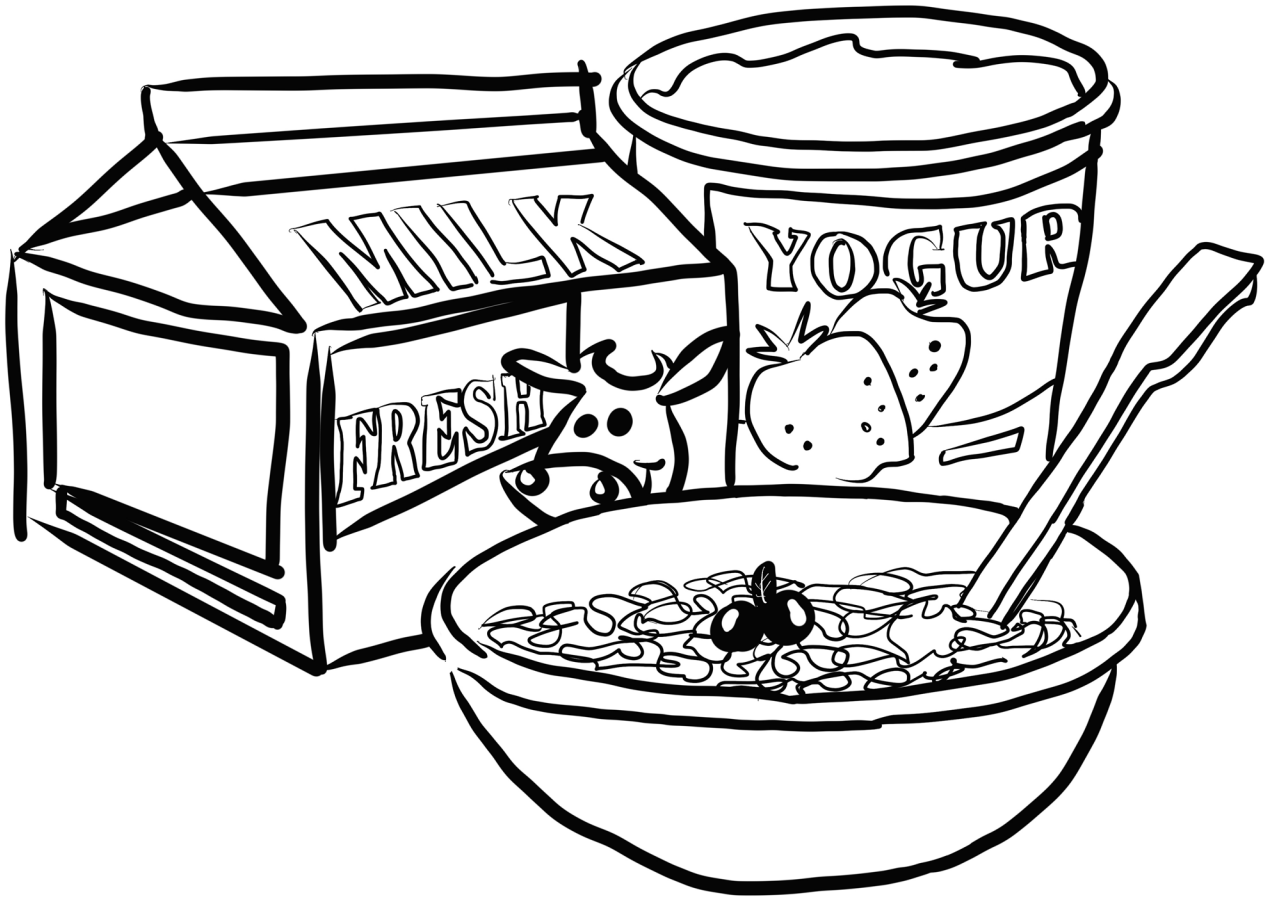
**Eating healthy food helps
you grow!**





**We help make food with
lots of vitamins and
minerals taste good!**





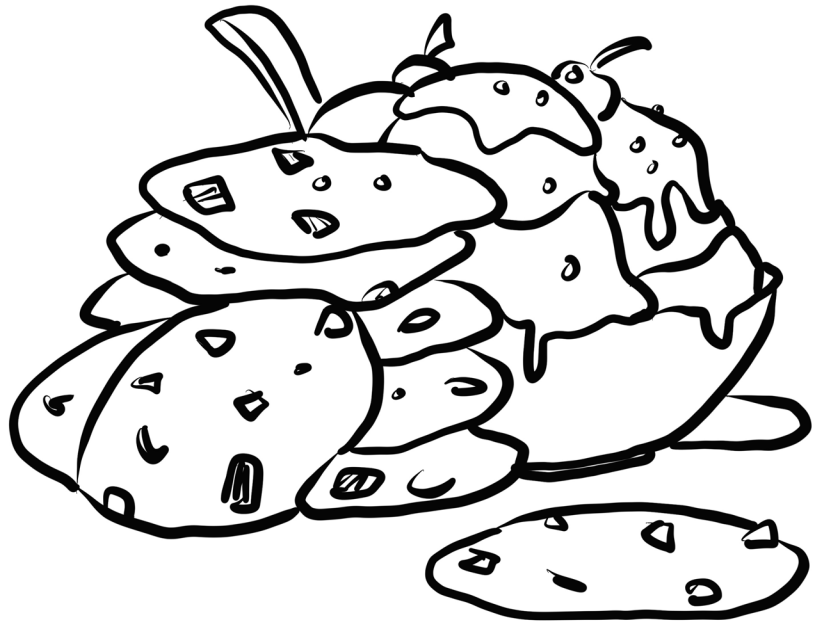
**It's important to have a
balanced diet. When you
have treats, don't eat too
much!**



Eat this



Not that



**Healthy food gives
you fuel to play!**







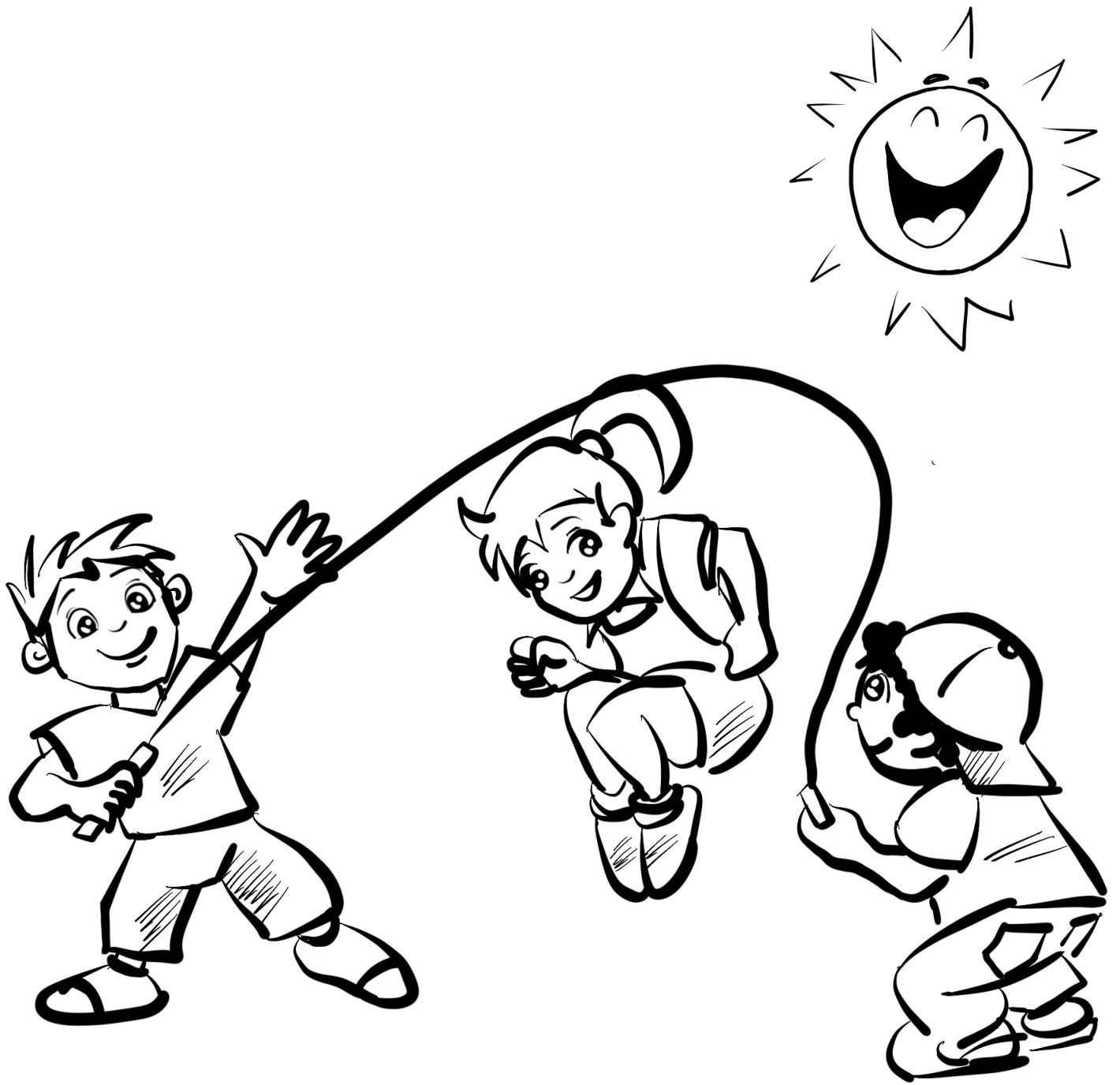
**Running and playing with friends is
fun and good for you!**

PLAY

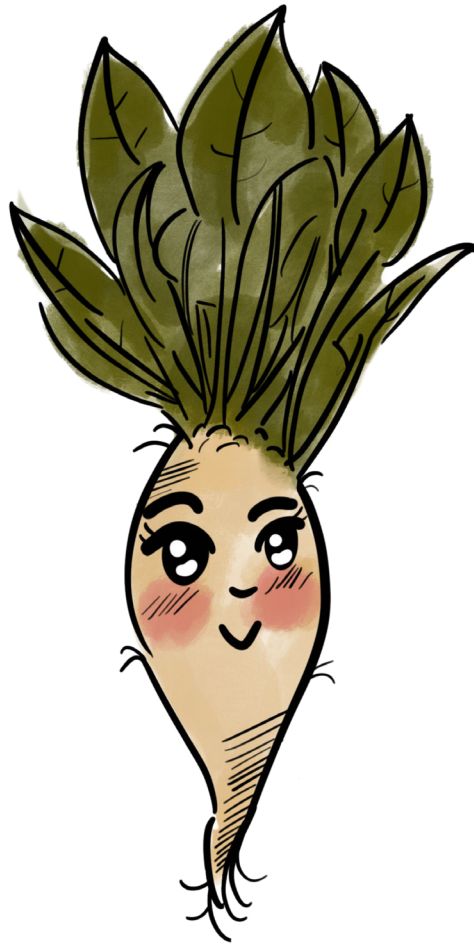
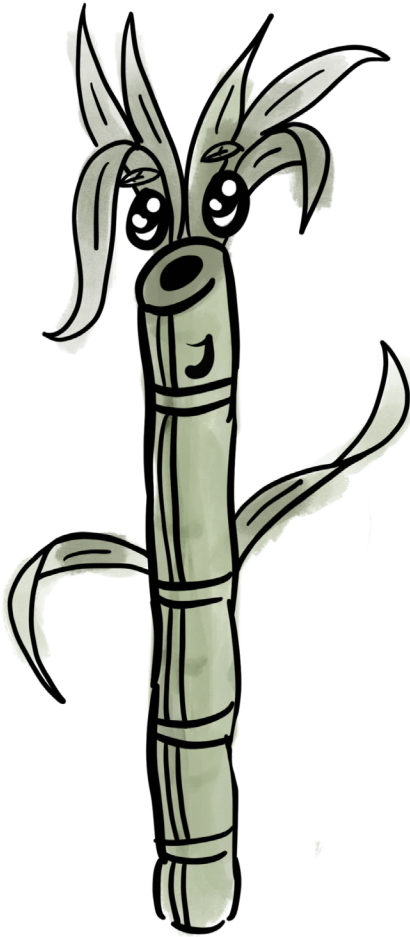
Everyday!



**We are made from sunshine.
Playing outside in the sunshine
helps you grow fit and healthy.**



**Thanks for learning
with us!**



the
Sugar 
association

There's more to sugar.

sugar.org