

Sugar Trivia

- Sugar cane stalks can reach 30 feet high!
- Sugar has been used to sweeten candy since the 1700s.
- Sugar was one of the first ingredients used to mask the bitter taste of medicines. It is still used today.
- Domino Sugar Refinery in Baltimore, Maryland began its operation in 1922 and is still producing refined sugar and various sugar syrups for both industrial and grocery markets.
- The word "candy" comes from ancient Indian Sanskrit. "Khanda" means "a piece of sugar."



Did You Know...?

- You can put sugar water in a hummingbird feeder to attract birds.
- Brown sugar is sugar crystals that have been prepared in molasses syrup with coloring and natural flavors.
- A can of Coke has 39 grams of sugar and a can of Pepsi has 41 grams of sugar. That is about seven teaspoons or 13 sugar cubes per can! Yikes!



Joke Time

What will you get if you put sugar under your pillow at night?



Joke Answer:

sweet dreams



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Candy is often eaten without any thought about what ingredients are used to produce it. Some ingredients like soybeans, chocolate, vanilla, and peanuts are seeds that grow in pods. A **seedpod** is a case that splits along both sides when the seeds it holds are ripe. Cocoa beans and vanilla beans can't be grown in the United States because our climate is too cool. These ingredients must be imported (shipped) from other countries with warm, tropical climates.

One ingredient that almost always shows up in candy is **sugar**! Candy is sweet because of the sugar from which it is made. Did you ever wonder where and how sugar grows? Sugar comes from two very different looking plants.

Sugar cane is a tall grass plant that grows in tropical and semi-tropical climates. The top sugar cane producing countries are Brazil, India, China, Cuba, and Mexico. Sugar cane is harvested by chopping down the stems and leaving the roots which will grow back for another harvest. The cane is crushed and the juice is removed. The juice is boiled until sugar crystals form. The crystals are then dried and refined.



Sugar beets grow in temperate climates. The top sugar beet growing countries are France, the Ukraine, Germany, Russia, and the United States. Sucrose is stored in the plant's roots. The tops of sugar beets are fed to livestock or used as fertilizer. The beets are sliced into thin chips and then they are pressed to squeeze out as much juice as possible. The juice is turned into sugar crystals which are then dried and refined.

Sugar can be produced in different forms. Sugar can be granulated, powdered, or turned into cubes. Sugar is an especially important ingredient in making our candy sweet!

How Well Did You Read?

1. Name four candy ingredients that come from seeds and grow in pods.

2. We can grow cocoa beans and vanilla beans in the United States.

True False

3. What are two kinds of plants that produce sugar?

4. We can grow sugar beets in the United States.

True False



5. Which kind of sugar plant will grow back the next season?

6. Which kind of sugar plant is fed to livestock and used as fertilizer?

Candy Math

Many of the candies that we enjoy have been around for a long time. Some have been created recently. Check out the following chart. **Do the math** and figure out how old some candy favorites are!



Candy Math



Candy	First Made	Interesting Fact	How Old Is It Today?
Plain M & M's	1941	Chocolate is candy coated so it will not melt in your hand	
Baby Ruth	1920	Named after a President's daughter not the baseball player	
Hershey's Kisses	1907	Streetlamps in Hershey, PA have the kiss design	
Kit Kat Bar	1935	Has three layers of wafers covered in chocolate which can be snapped	
Reese's Pieces	1978	ET's favorite in the 1982 movie	
Life Savers	1912	Pep-o-Mint was the first flavor with 40 other flavors to follow	
Snickers Bar	1930	Named after the family's horse	
Hershey Bar	1890	Milton Hershey invented this candy bar	
Marshmallow Peeps	1954	Made by company called <i>Just Born</i>	



List the candies from **oldest to newest**.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____