

Farm to table

The adventures of sugar beet and
sugar cane



ESTO ES
AZÚCAR

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



**These are the countries
where sugar grows in
America.**



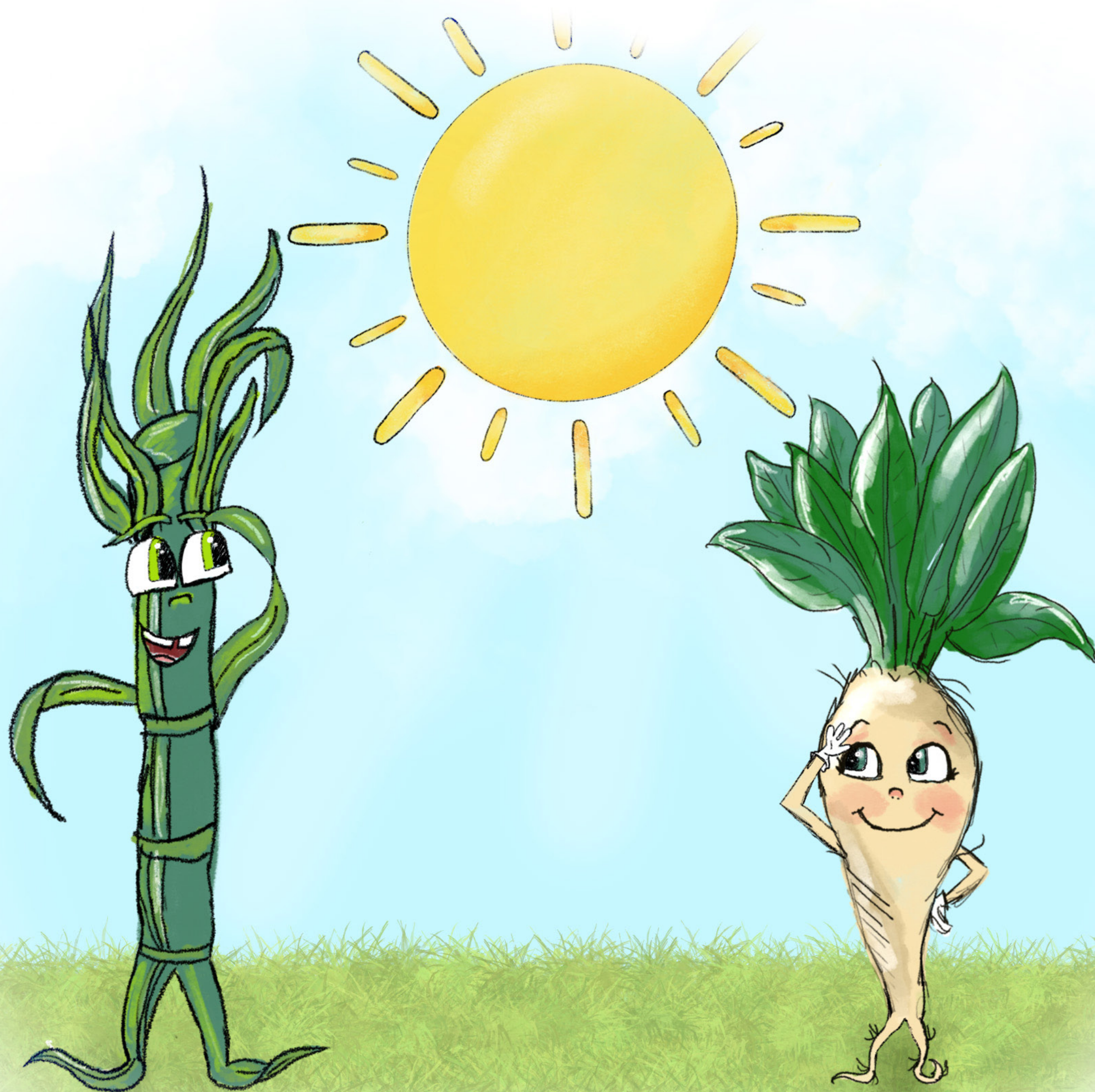
-  Argentina
-  Belize
-  Bolivia
-  Brasil
-  Canada
-  Chile
-  Colombia
-  Costa Rica
-  Cuba
-  Dominican Republic
-  Ecuador
-  El Salvador
-  French Guiana
-  Guatemala
-  Guyana
-  Haiti
-  Honduras
-  Mexico
-  Nicaragua
-  Panama
-  Paraguay
-  Peru
-  Suriname
-  United States
-  Uruguay
-  Venezuela



Hi! My name is Sugar
Ray, and I am a
sugar cane.

Hi! My name is
Candy, and I am a
sugar beet.

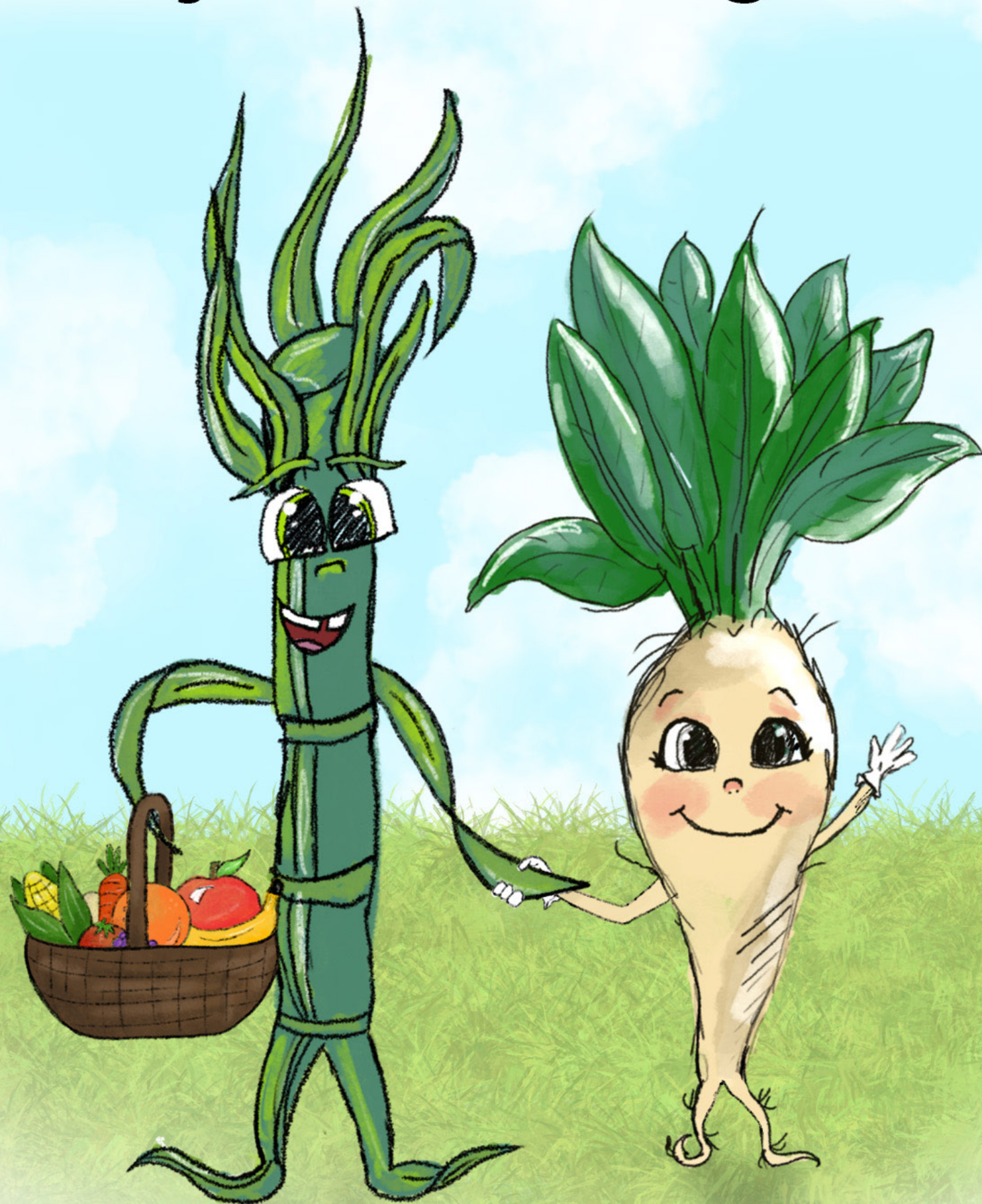
We grow up on a farm.



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

**Plants use sugar as
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!**



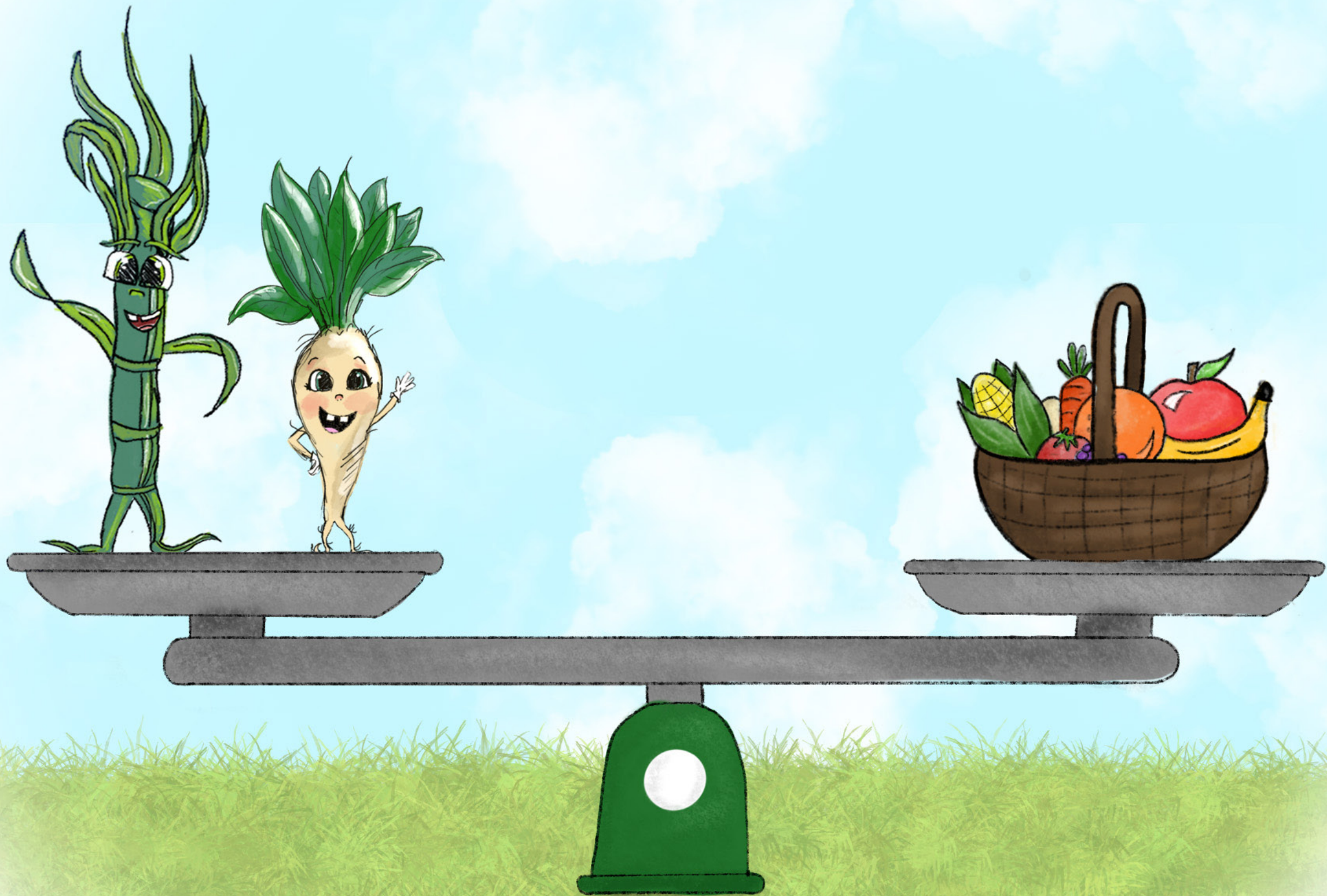


**We help sweeten your
favorite foods in a
natural way.**

**Sugar also is used to
preserve and give color
to some foods.**



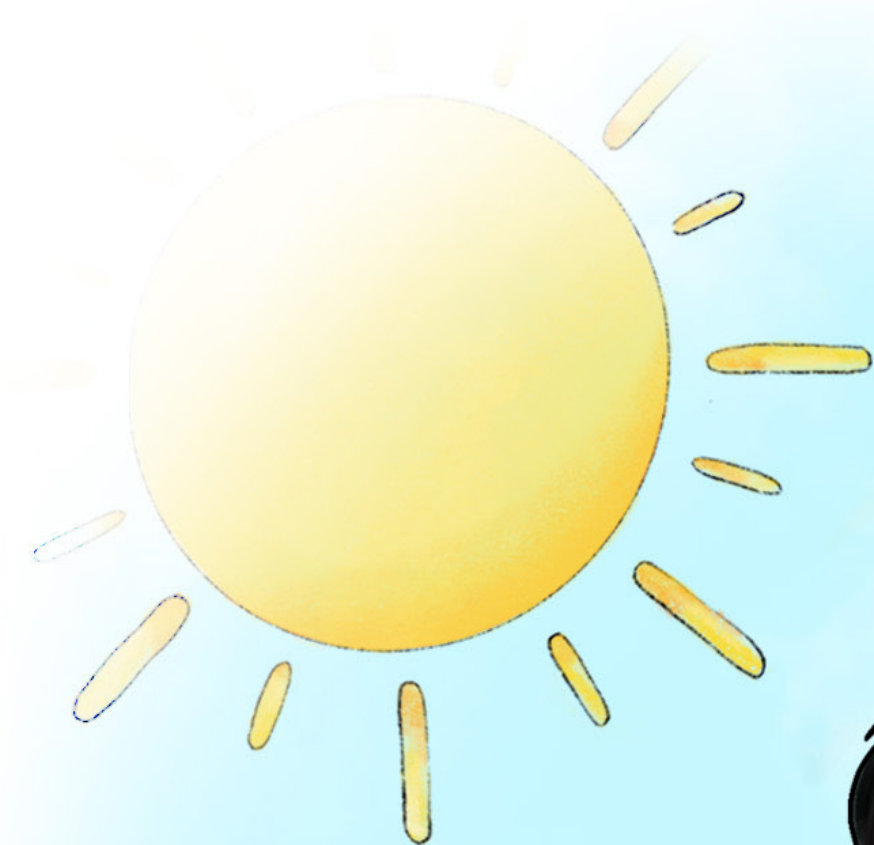
**It's important to have a
balanced diet.**



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



**Playing outside in the
sunshine helps you grow
fit and healthy.**



**Thanks for learning
with us!**



Reviewed by: Luis Fernando Salazar, UNALA and Juan Pablo Solis, UNALA
Design by: Liria Bonilla and Sofia Urrutia

