

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.**



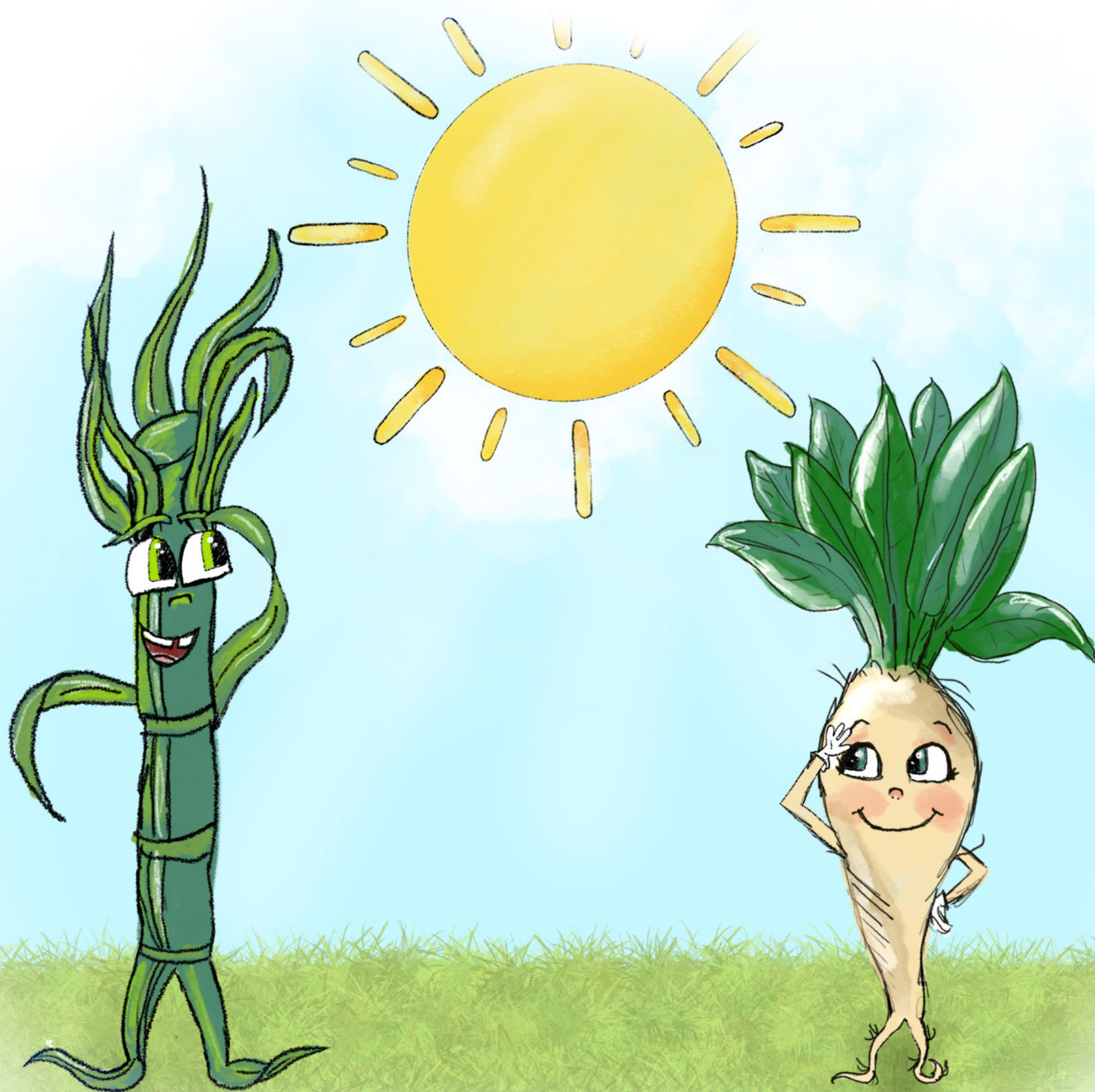
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|---|--------------------|
|  | Argentina |
|  | Belize |
|  | Bolivia |
|  | Brasil |
|  | Canada |
|  | Chile |
|  | Colombia |
|  | Costa Rica |
|  | Cuba |
|  | Dominican Republic |
|  | Ecuador |
|  | El Salvador |
|  | French Guiana |
|  | Guatemala |
|  | 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.

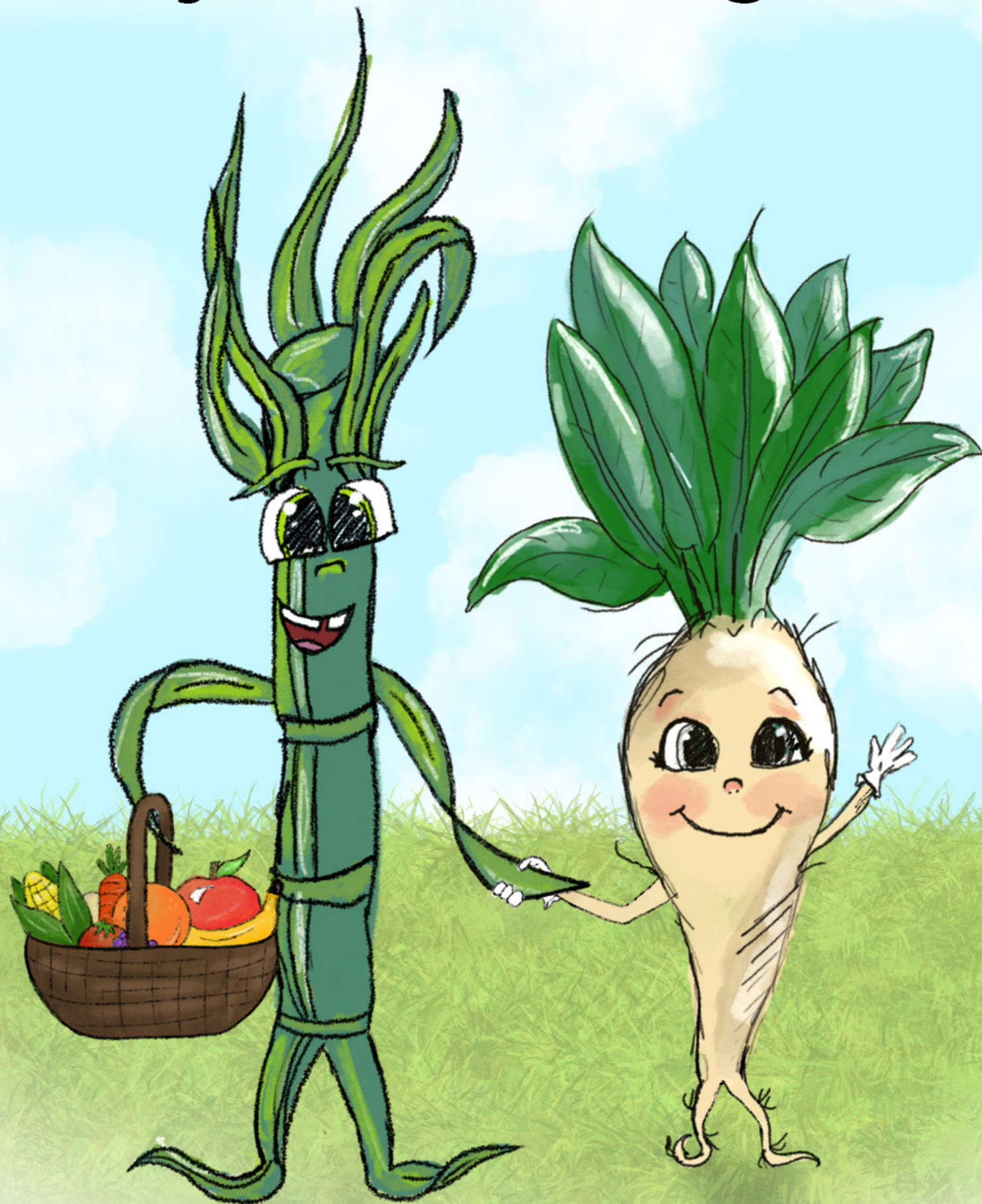
We grow up on a farm.



**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!**



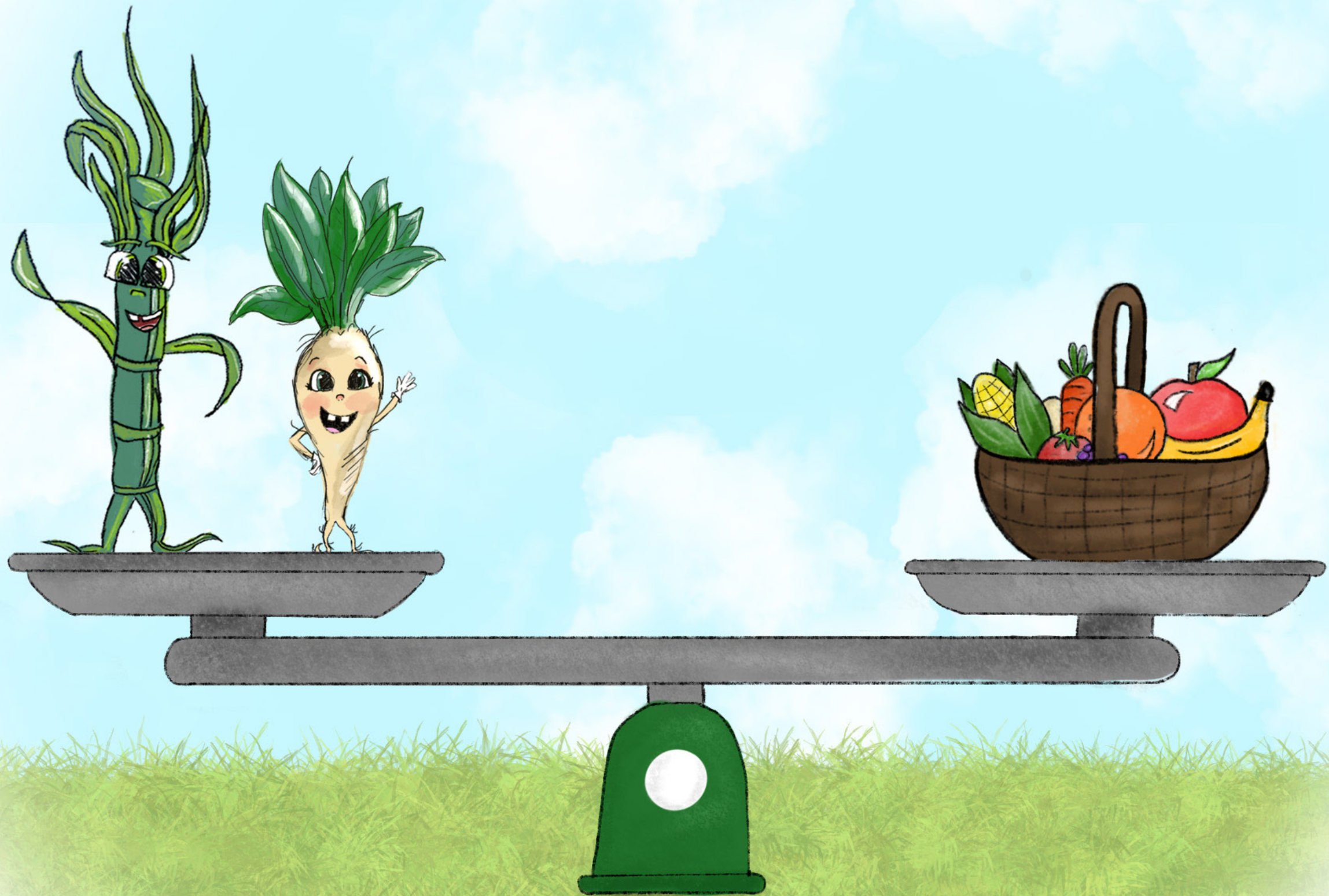


**We help sweeten your
favorite foods in a
natural way.**

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



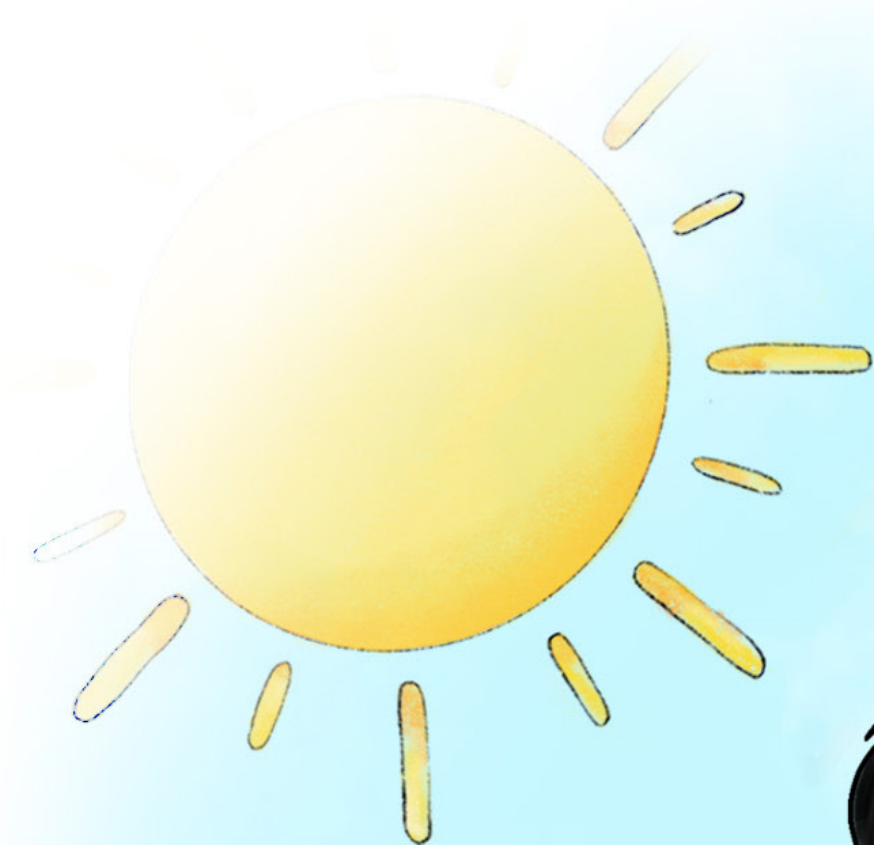
**It's important to have a
balanced diet.**



**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

