**Claim**: “A calorie is a calorie.”

**Objective**: In teams, you will be evaluating the claim stated above and determining if it is valid or not. In particular, you will be investigating if the human body processes calories from High Fructose Corn Syrup (HFCS) the same way as it does regular table sugar. This is an extremely important topic because as sugar consumption has increased, so too have a plethora of health issues. This investigation will help you to become a more informed citizen and hopefully a more health conscientious consumer.

**Guided Questions**: The following are things to consider in composing your evaluation:

* What is a calorie in language that is easy to understand?
* How does a monosaccharide differ from a disaccharide?
* What are the different types of basic sugars?
* How are they similar and/or different from one another?
* How does your body process one type of sugar versus another?
* What are the health effects of the different types of sugars?

**Sources**: Use the table below to record your research (Copy/Paste as many as you need)

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