

Name:

Date:

How We Grieve

Grieving is the process of expressing and working through the sadness of losing someone or something that you love. People don't just grieve when someone dies. They also sometimes grieve things like losing a marriage in divorce or losing a job.

Everybody grieves in different ways. Sometimes people cry or scream or talk to others about their loss. Sometimes people throw their energy or attention into some activity like walking, drawing, exercising, or writing in



are quick energy sources, but they usually do not supply any

carbohydrates
other nutrients or fiber

nd of simple sugar. It is the basic source of energy for all

9. Glucose is the major k
living things.

known as table sugar, beet or cane. It occurs in many fruits and

10. Sucrose : commonly
vegetables.