

The Spider Companion

®

Hi, Spider Reader!

We're so happy you're reading the September/October issue of *Spider* magazine! This issue of *Spider* asks: **Why do we love sweets?** It explores how sweets make us feel, what they remind us of, what sugar is, and how the body uses it.

In this guide, you'll find creative activities that go along with these selections from *Spider*'s September/October issue.

• Plum Dumplings

What sweet foods are special to your family? Write and draw a special family recipe.

• No Peanut Butter in France

Have you ever been somewhere new and had to try a new food? Write a postcard that describes trying a new food in a new place.

• I ♥ Sugar

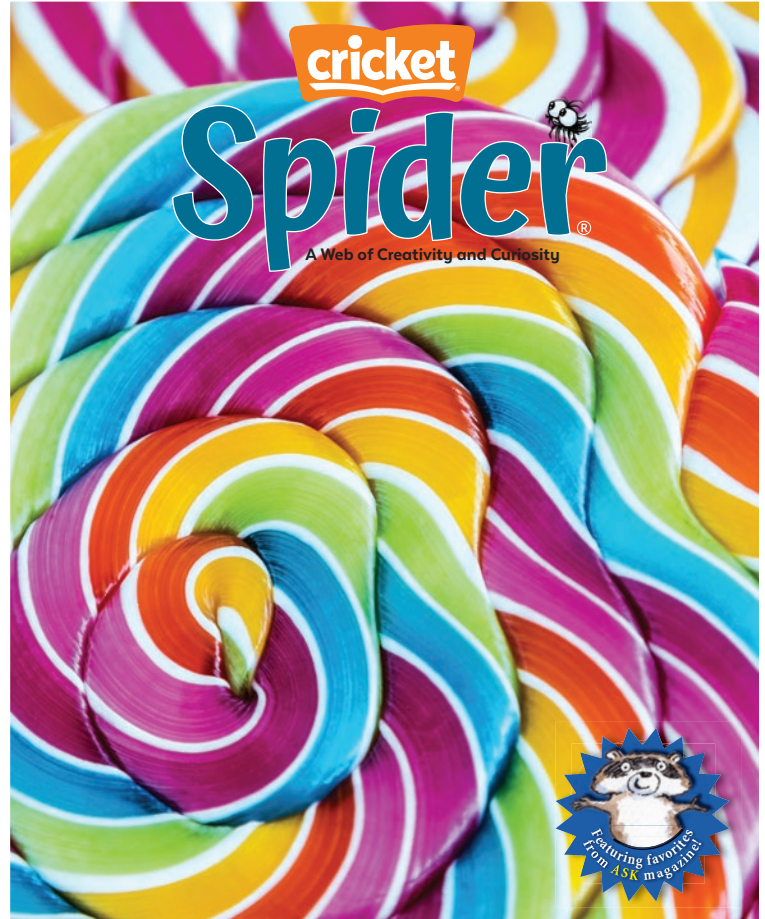
What sneaky sugars are in your favorite snacks? Go on a sugar scavenger hunt and complete a crossword puzzle.

• The Sugar Birds

How does your heart rate compare to a hummingbird's heart rate? Measure and determine.

• Plus: Bee Trouble

Solve a tricky honeybee maze!



Each issue, enter a new contest for a chance to have your writing or artwork appear in the pages of *Spider* magazine. Find the complete rules on page 47 in each issue.

We love hearing from you! Email letters sharing your thoughts about the latest issue of *Spider* to spider@cricketmedia.com.

Happy reading,

Your Spider Companions





PLUM DUMPLINGS



In the story “Plum Dumplings” by Andrea Cheng (page 6), Annushka and her grandma, Mommika, make a special family recipe. Food can bring people closer and help us remember special times.

This activity connects to our big question: **Why do we love sweets?** Think about how favorite family foods can make us feel happy, loved, and connected.

Family Recipe Card

Ask someone in your family about a food they love to make.

- Learn about how to make the dish, then write the recipe on the card below.
- Draw a picture of the food on the card.
- Write a few sentences about why this food is special to your family.



Add more recipes
to create a Family
Recipe Book.



RECIPE

Ingredients

Cooking



Talk About It!

- Ask a parent or caregiver, “What’s a sweet treat that reminds you of your childhood?”
- What is a special treat that you would like to learn how to make?
- Why do you think certain foods feel extra special?





No Peanut Butter in France

In “No Peanut Butter in France” by Joan Strauss (page 21), Lauren and Lee move to a new country and learn that things there can be very different—especially the snacks!

Try Something New

One reason people love certain foods is because they remind them of home. Imagine that you and your family have just moved to a new place. Your favorite foods are nowhere to be found, and you have to try something new.

Write a pretend postcard to a friend or relative, telling them about a new food that you tried.



Write your message on this side of the postcard.



CARTE POSTALE

CORRESPONDANCE

ADRESSE

PLACE POSTAGE STAMP HERE

Write your message on this side of the postcard.

Write your friend's address on these lines.

Write your friend's address on these lines.



Talk About It!

- What's your favorite sweet or snack, and why do you love it?
- Have you ever missed a favorite food when traveling or moving?
- What new treat have you tried that surprised you in a good way?



Dig Deeper



With an adult's help, research one of the French foods from the story: quiche, éclairs, pains au chocolat, crêpes, ragoût. What does it look like? What is it made of? Does this seem like a food you would like to try?



I ♥ Sugar

In the article “I ♥ Sugar” by Elizabeth Preston (page 26), you learned that added sugars can be found in many foods, even in places you might not expect! Let’s take a closer look at what’s in the foods we love.

Sugar Scavenger Hunt

Why do we love sweets? Because they taste good! But eating too much sugar is not good for us.

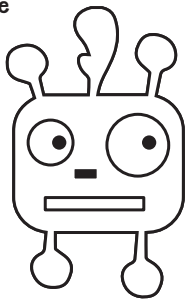
With an adult, read the nutrition labels on packaged foods and drinks that you can find at home or in a grocery store. Look for the ingredients listed below. Make a tally mark in the box each time you see one of these sugar types. You may find some more than once!

agave		maltodextrin	
caramel		molasses	
fruit juice		rice syrup	
glucose		sucrose	
high-fructose corn syrup		treacle	

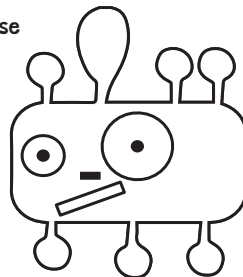
How many sneaky sugars did you find?

Which type of sugar did you find the most?

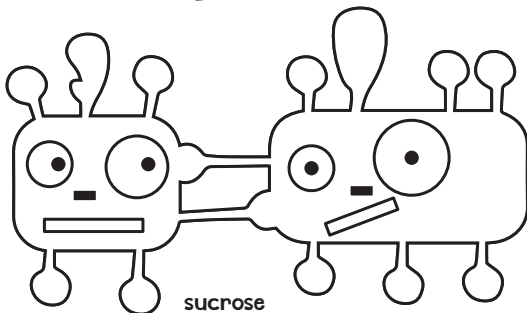
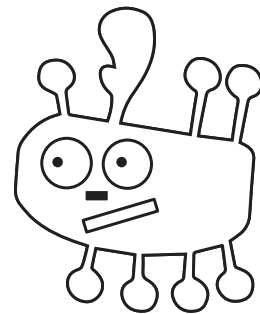
fructose



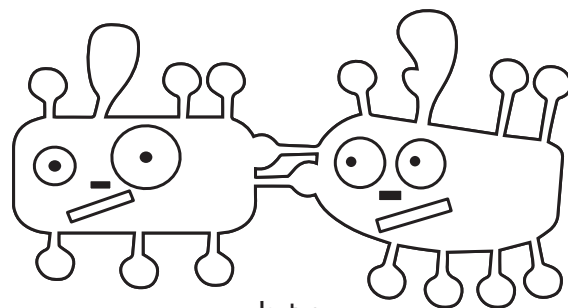
glucose



galactose



sucrose

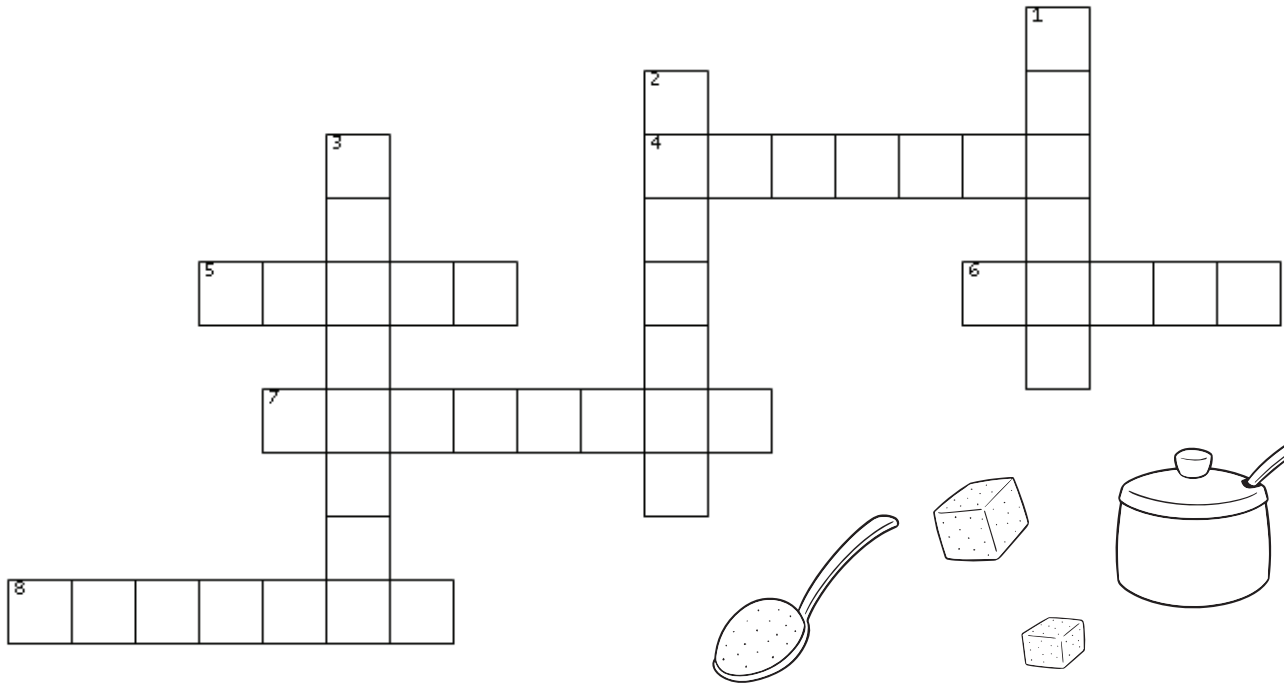


lactose

Sugar: Energy for Life

Use the words below to complete the crossword puzzle. Each word connects to something you read about in the article. Not all words will be used.

sucrose pancreas energy fructose agave diabetes
honey molecule lactose glucose

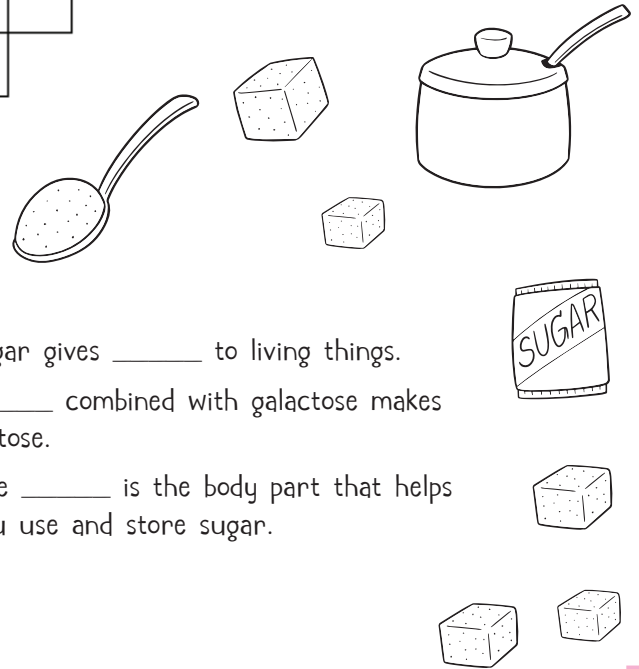


Across

4. _____ is the sugar found in milk.
5. _____ is a sweetener made by bees.
6. _____ is a sweetener made from a cactus.
7. The sugar that makes fruits taste sweet is _____.
8. The type of sugar we usually use in baking (table sugar) is _____.

Down

1. Sugar gives _____ to living things.
2. _____ combined with galactose makes lactose.
3. The _____ is the body part that helps you use and store sugar.



Answers can be found on page 7.

Talk About It!

- What is your favorite sweet snack, and how often do you eat it?
- Have you ever been surprised to learn how much sugar is in something you eat?
- How do you think eating too much sugar might affect your body and energy?



Dig Deeper



Keep a journal of what you eat and drink in one full day. Which foods have added sugars? Which foods do not?



The Sugar Birds



In the article “The Sugar Birds” by Charles C. Hofer (page 42), you read about hummingbirds, who live mostly on nectar from flowers. The article tells us that a hummingbird’s heart beats about 300 times a minute! Your heart beats about 70 times per minute. Let’s test that fact.

Why do hummingbirds love sweets?

Sweet nectar gives hummingbirds the energy they need to zip and zoom through the air! Just like hummingbirds, people also get energy from sugar.

How Fast Does Your Heart Beat?

First, find your pulse. Your pulse is your heart beating to send blood all throughout your body. You can feel your pulse in two places:

On your wrist

- Hold out one hand like you’re going to shake someone’s hand.
- Take the pointer and middle fingers from your other hand and place them on the inside of your wrist.
- Press gently—don’t press too hard!
- Wait a moment. Do you feel a little bump-bump-bump? That’s your pulse!



On your neck

- Put your pointer and middle fingers on the side of your neck, just under your jaw.
- Press gently again.
- Feel that little beat? That’s your heart saying, “Hi, I’m working!”



Next, ask an adult to help you use a stopwatch or timer. Set the timer for one minute. Count how many times your heart beats in one minute. (Or set the timer for 15 seconds. Count your pulse for 15 seconds, and then multiply by 4). Write this number down. This is your heart rate in beats per minute (BPM).

My heart rate is _____ BPM.

How close was it to 70? Was it higher or lower?

Now, run in place, flap your arms, or do jumping jacks for one minute. Record your heart rate again.

After I exercise, my heart rate is _____ BPM.



Talk About It!

- What changes did you notice in your heart rate after moving?
- Why do you think your heart rate changed?
- How does your heart rate compare to a hummingbird’s heart rate?



Hummingbird Hues

Dig Deeper



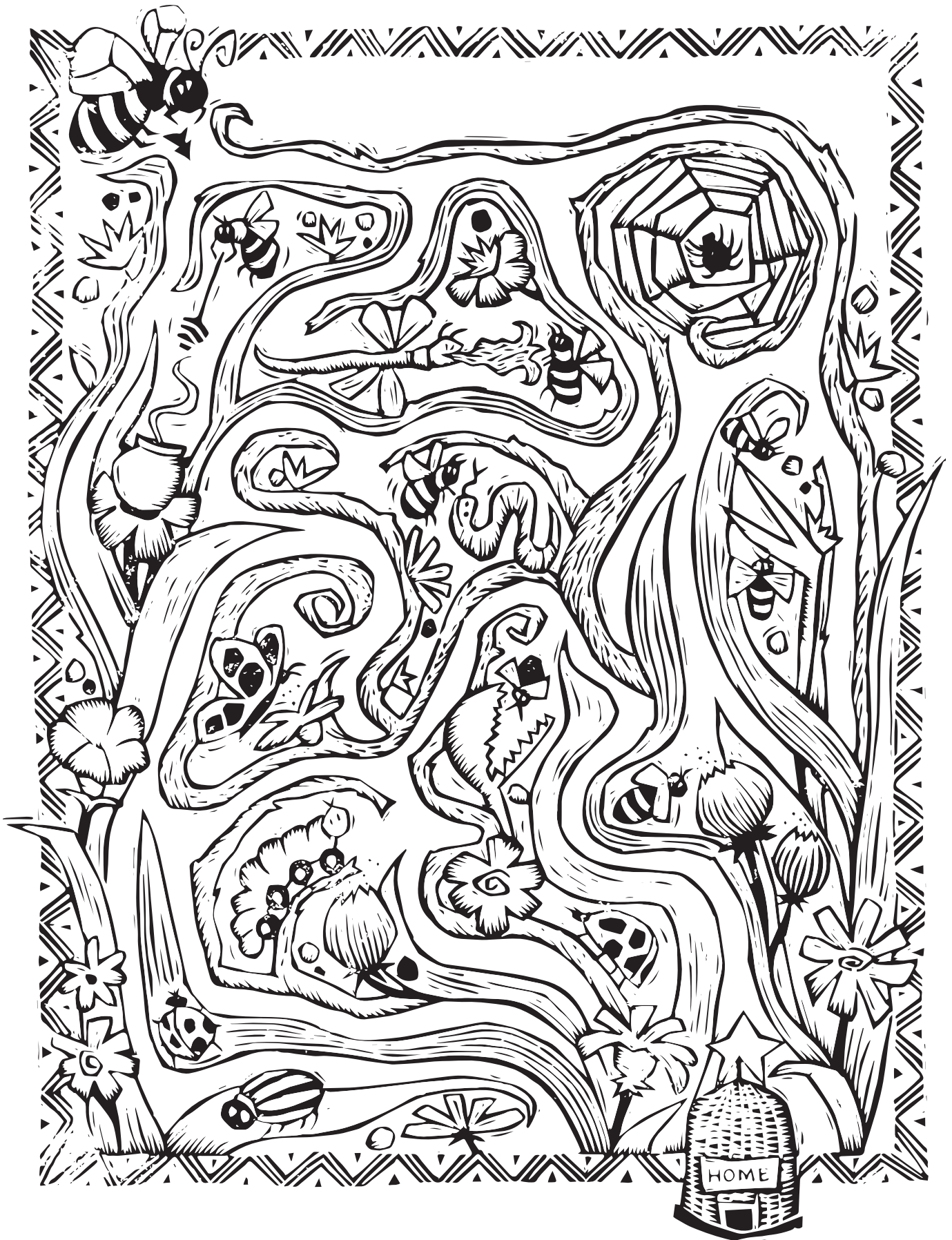
Color the hummingbird. Label its long beak, wings, and tail.





Bee Trouble!

Help Honeybee find her home sweet home.





1. ENERGY 2. GLUCOSE 3. PANCREAS 4. LACTOSE
5. HONEY 6. AGAVE 7. FRUCTOSE 8. SUCROSE

For more ideas, questions, or to share feedback, please reach out to us. We love hearing from you! Email us at [**spider@cricketmedia.com**](mailto:spider@cricketmedia.com).

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