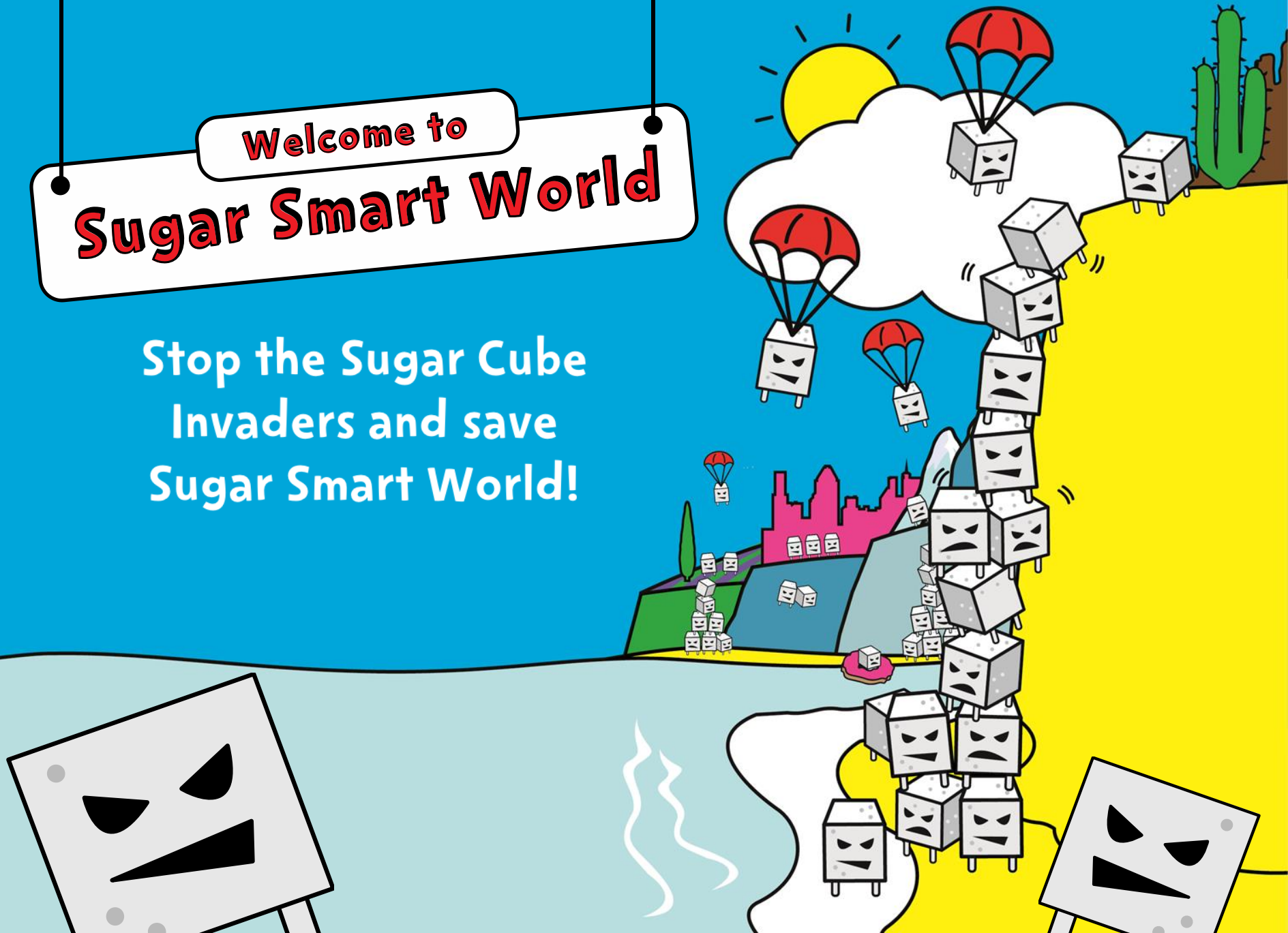


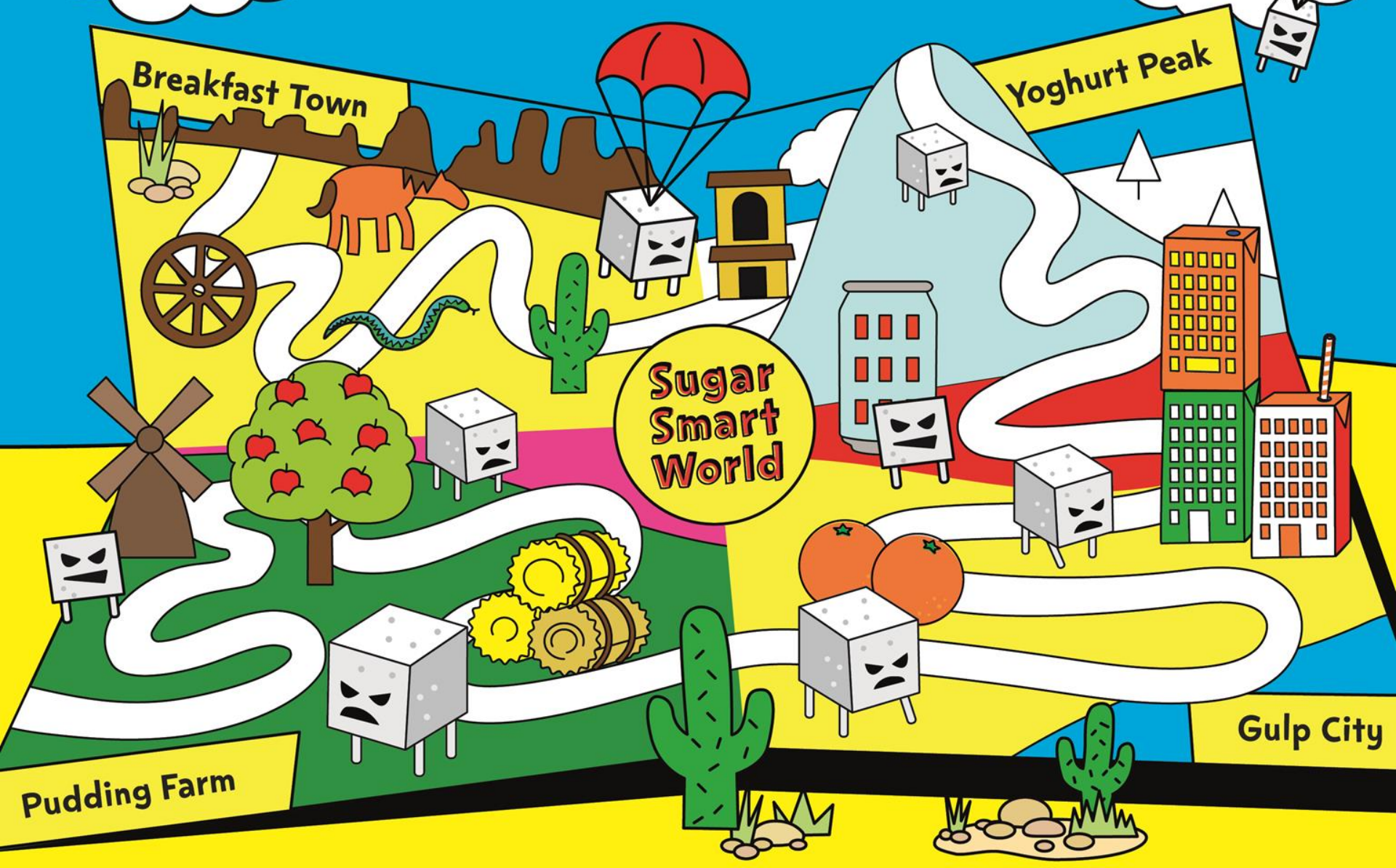
Welcome to  
**Sugar Smart World**

Stop the Sugar Cube  
Invaders and save  
Sugar Smart World!





# A map of Sugar Smart World





Well done – you have helped the  
people of Sugar Smart World!



Each year, 2,800 extra sugar  
cubes (about the same as 312  
cans of cola) are had by  
children.

A quarter of children's sugar  
intake comes from  
sugary drinks.

Children aged 4 - 10 are  
having more than double the  
sugar they should!

We shouldn't have too  
much sugar; it can cause  
tooth decay.

(

,

,

-

;

,

)



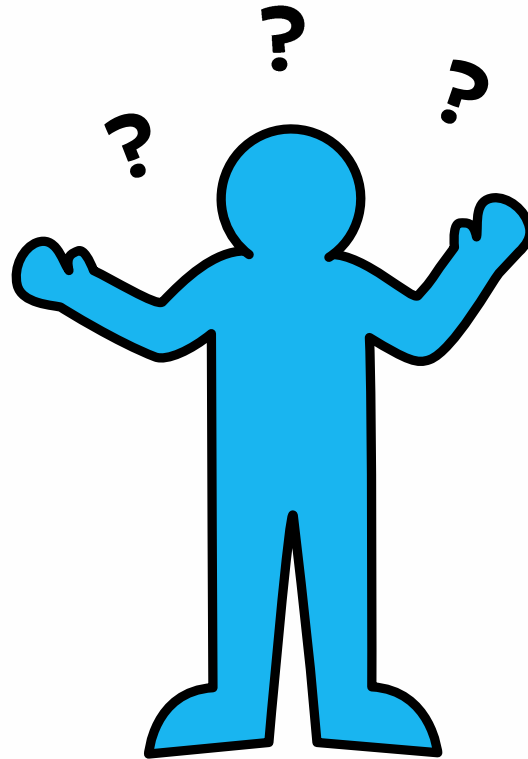
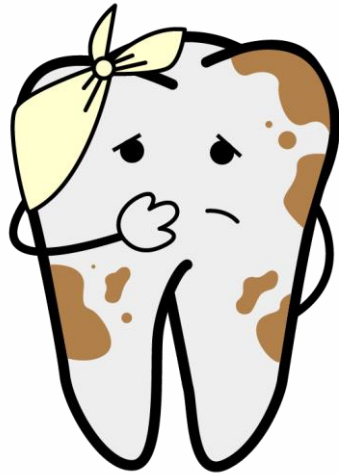
## Lesson aims

After this lesson, you will be able to:

- explain why we shouldn't have too much sugar
- identify some everyday sugar swaps you can make
- persuade others to make everyday sugar swaps.

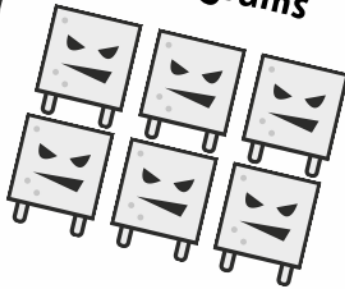


Why shouldn't we have too much sugar?



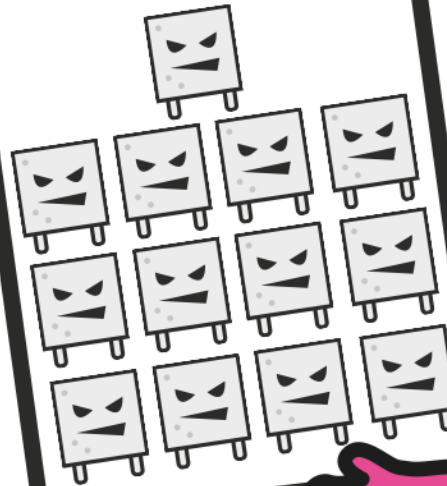
## How much sugar?

6 cubes  
24 grams



This is the maximum number of sugar cubes children aged 7-10 years should be having in a day.

13 cubes  
52 grams



Children aged 4-10 are actually having around this much sugar each day!





Where does all this sugar come from?

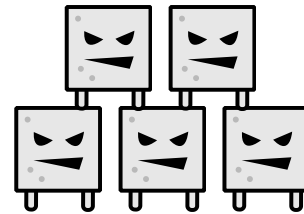




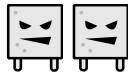
**Where does all this sugar come from?**



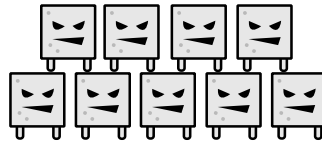
**Sugary puddings.  
A chocolate pudding  
pot can contain  
5 sugar cubes.**



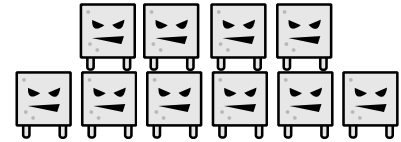
# How much sugar are we drinking?



Higher-sugar  
juice drink



Sugary cola



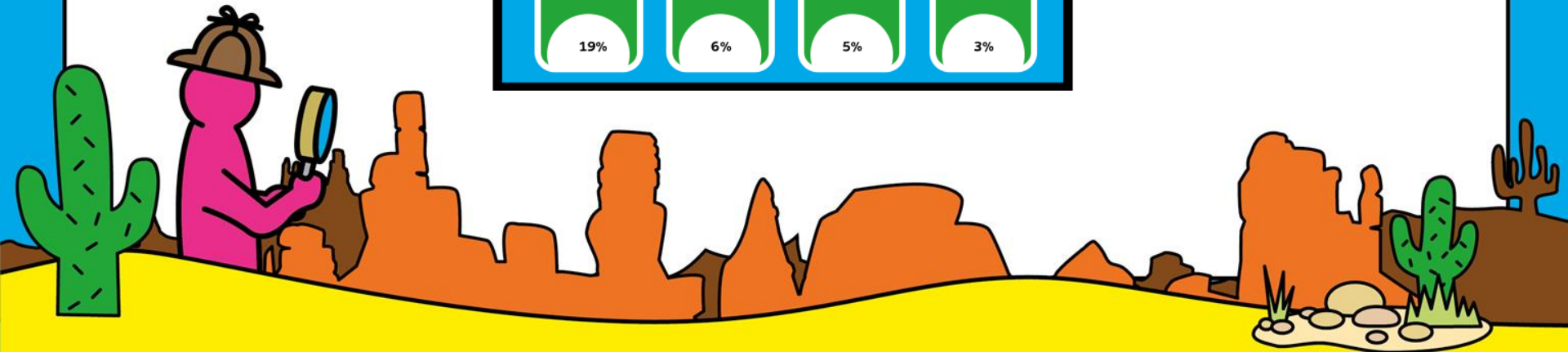
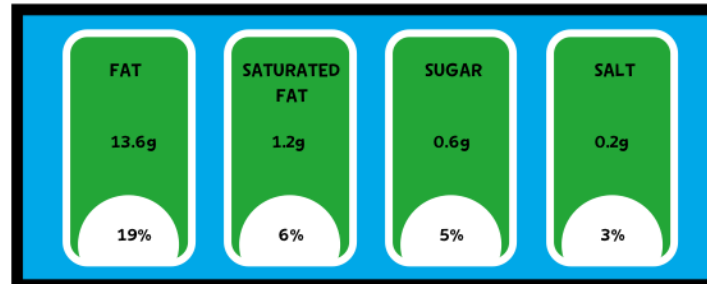
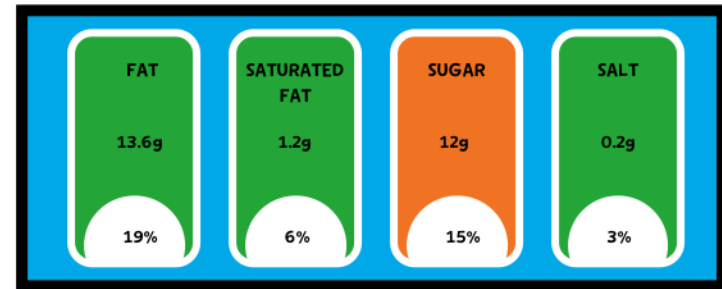
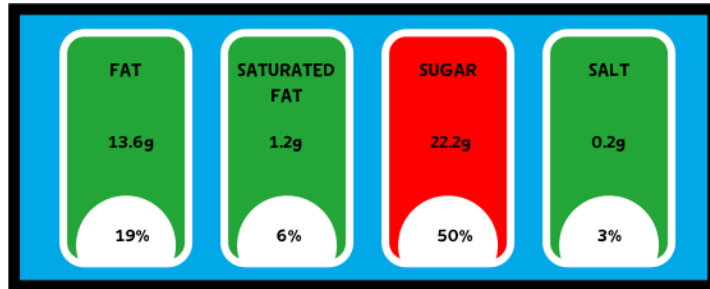
Higher-sugar  
milkshake



Don't worry – there are everyday swaps we can all make!

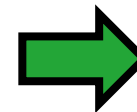
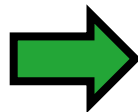
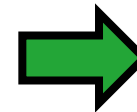
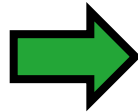


# Read the 'traffic light' labels to help you make a sugar swap

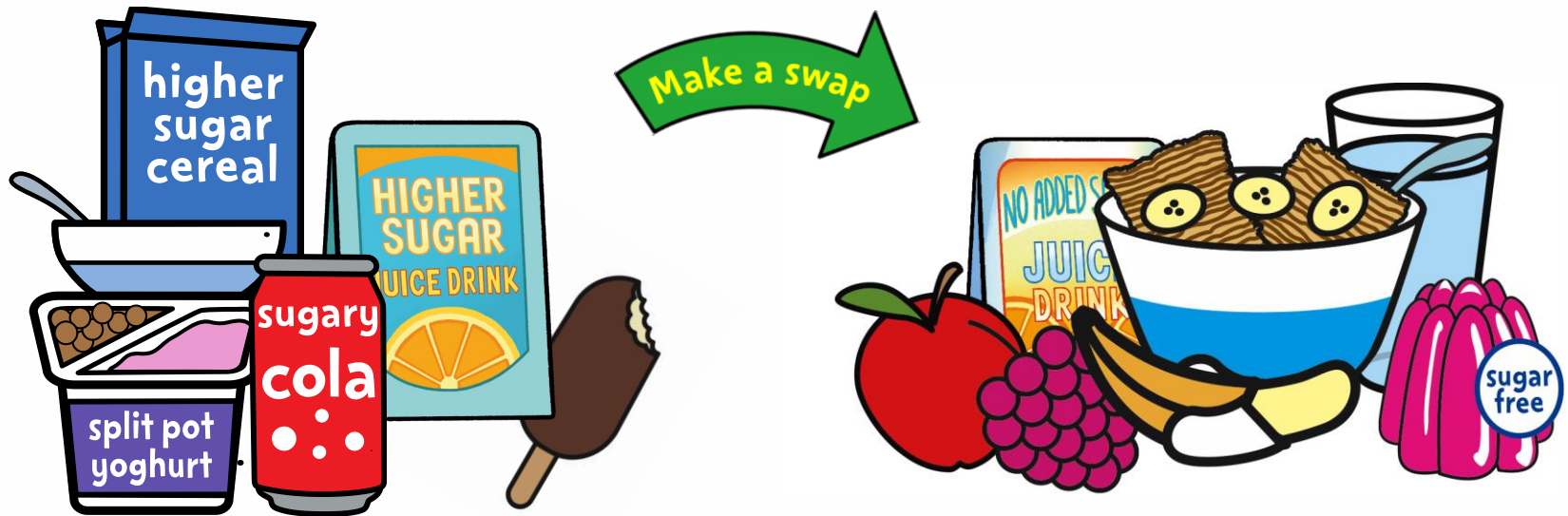




Can you make a swap?



Well done! You've learned about  
how to make everyday swaps!



Can you help the people of  
Sugar Smart World make swaps too?

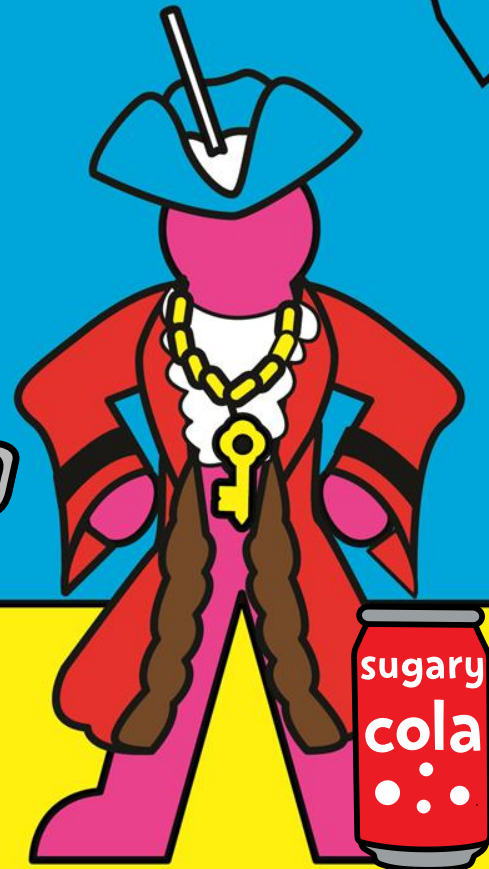
Finn the  
Farmer



Shanice the  
Sheriff



Margo the  
Mayor



Rocky the  
Ranger



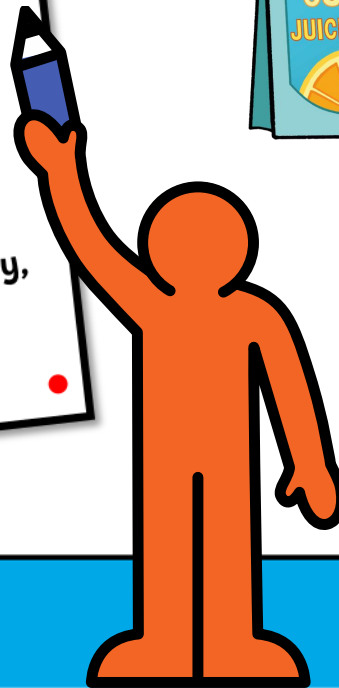
# Write a persuasive letter to get the people of Sugar Smart World swapping!

You need to convince your fellow citizens that:

- they shouldn't have too much sugar
- they can easily find out how much sugar is in their food and drink
- they can make lots of tasty, everyday sugar swaps!

Remember to give swap examples!  
Example:

Make a swap

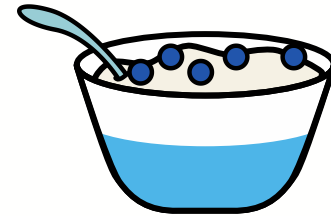




Time to choose your swaps!

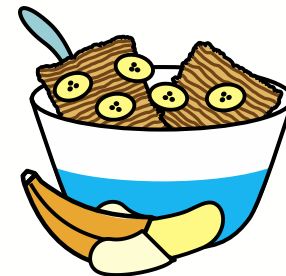


Can you make a swap?

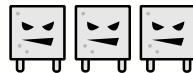


Porridge with berries

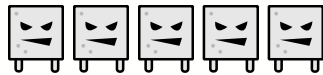
or



Shredded wholegrain wheat  
with fruit



Can you make a swap?



Tinned fruit salad

or



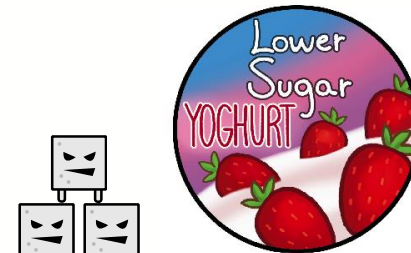
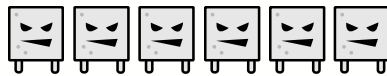
Sugar free jelly

# Can you make a swap?



Plain natural yoghurt  
with sliced banana

or



Low fat,  
lower-sugar yoghurt



# Can you make a swap?



Plain lower-fat milk

or



No added sugar juice drink



Can you make a swap  
when you next shop with your family?

