

Year
4

Can you help the people of Sugar Smart World? Shanice the Sherriff needs your help!

1. Show her how many sugar cubes and grams of sugar each item contains.



The number of sugar cubes in a box is the same as $129 - 62$.

sugar cubes

grams of sugar



The number of sugar cubes in a pot is the same as $90 \div 30$.

sugar cubes

grams of sugar



The number of sugar cubes in a bottle is the same as $2500 - 2445$.

sugar cubes

grams of sugar



The number of grams of sugar in a bar is the same as $96 \div 8$.

sugar cubes

grams of sugar

1
= 4 grams
of sugar

2. Shanice the Sherriff is investigating this citizen's sugar intake.

An 8-year-old citizen showed Shanice how much sugar he has in a day from this food and drink:

Breakfast	Drinks
Yoghurts	Puddings

Can you help her work out:

a) How many more sugar cubes the citizen has than his daily maximum of 6 cubes?

b) The citizen's total daily grams of sugar?

c) The citizen's total weekly sugar cubes?

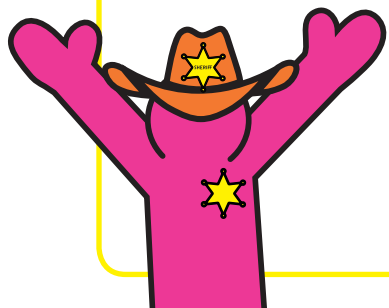
d) How many days it would take the citizen to eat and drink 51 cubes of sugar?

3. Can you help the citizen to reduce his daily sugar intake by making some swaps?

Circle the items that you would choose.

Breakfast	Drinks
Yoghurts	Puddings

Year
4



Year 4 answer sheet

1
= 4 grams
of sugar



The number of sugar cubes in a box is the same as $129 - 62$.



The number of sugar cubes in a pot is the same as $90 \div 30$.



The number of sugar cubes in a bottle is the same as $2500 - 2445$.



The number of grams of sugar in a bar is the same as $96 \div 8$.

67

sugar cubes

3

sugar cubes

55

sugar cubes

3

sugar cubes

268

grams of sugar

12

grams of sugar

220






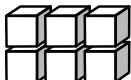

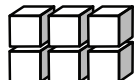
grams of sugar

12

grams of sugar

2. Shanice the Sherriff is investigating this citizen's sugar intake.

An 8-year-old citizen showed Shanice how much sugar he has in a day from this food and drink:

Breakfast	Drinks
 	 
Yoghurts	Puddings
 	 

Can you help her work out:

11

a) How many more sugar cubes the citizen has than his daily maximum of 6 cubes?

68

b) The citizen's total daily grams of sugar?

119













c) The citizen's total weekly sugar cubes?

3

d) How many days it would take the citizen to eat and drink 51 cubes of sugar?

3. Can you help the citizen to reduce his daily sugar intake by making some swaps?

Circle the items that you would choose.

Breakfast	Drinks
 Porridge with berries  Wheat biscuit cereal  Shredded wholegrain wheat	 Lower-fat milk  No added sugar juice drink  Water
Yoghurts	Puddings
 Plain natural yoghurt with fruit  Low fat, lower-sugar yoghurt  Plain natural yoghurt with berries	 Fruit salad in juice  Lower-sugar rice pudding  Sugar free jelly