

Year  
3

## 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.



3	sugar cubes
	grams of sugar



6	sugar cubes
	grams of sugar



9	sugar cubes
	grams of sugar



	sugar cubes
12	grams of sugar

1  
= 4 grams  
of sugar

2. Can you help Shanice with her sums?

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

Breakfast	Drinks
Yoghurts	Puddings

Work out the citizen's total:

<input type="text"/>	Daily sugar cubes?
<input type="text"/>	Sugar cubes over his daily maximum of 6 cubes?
<input type="text"/>	Daily grams of sugar?
<input type="text"/>	Weekly sugar cubes?

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

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# Year 3 answer sheet

1  
= 4 grams  
of sugar



3 sugar cubes

12 grams of sugar



6 sugar cubes

24 grams of sugar



9 sugar cubes

36 grams of sugar



3 sugar cubes

12 grams of sugar

## 2. Can you help Shanice with her sums?

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

Breakfast	Drinks
Yoghurts	Puddings

Work out the citizen's total:

- 21 Daily sugar cubes?
- 15 Sugar cubes over his daily maximum of 6 cubes?
- 84 Daily grams of sugar?
- 147 Weekly sugar cubes?

## 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