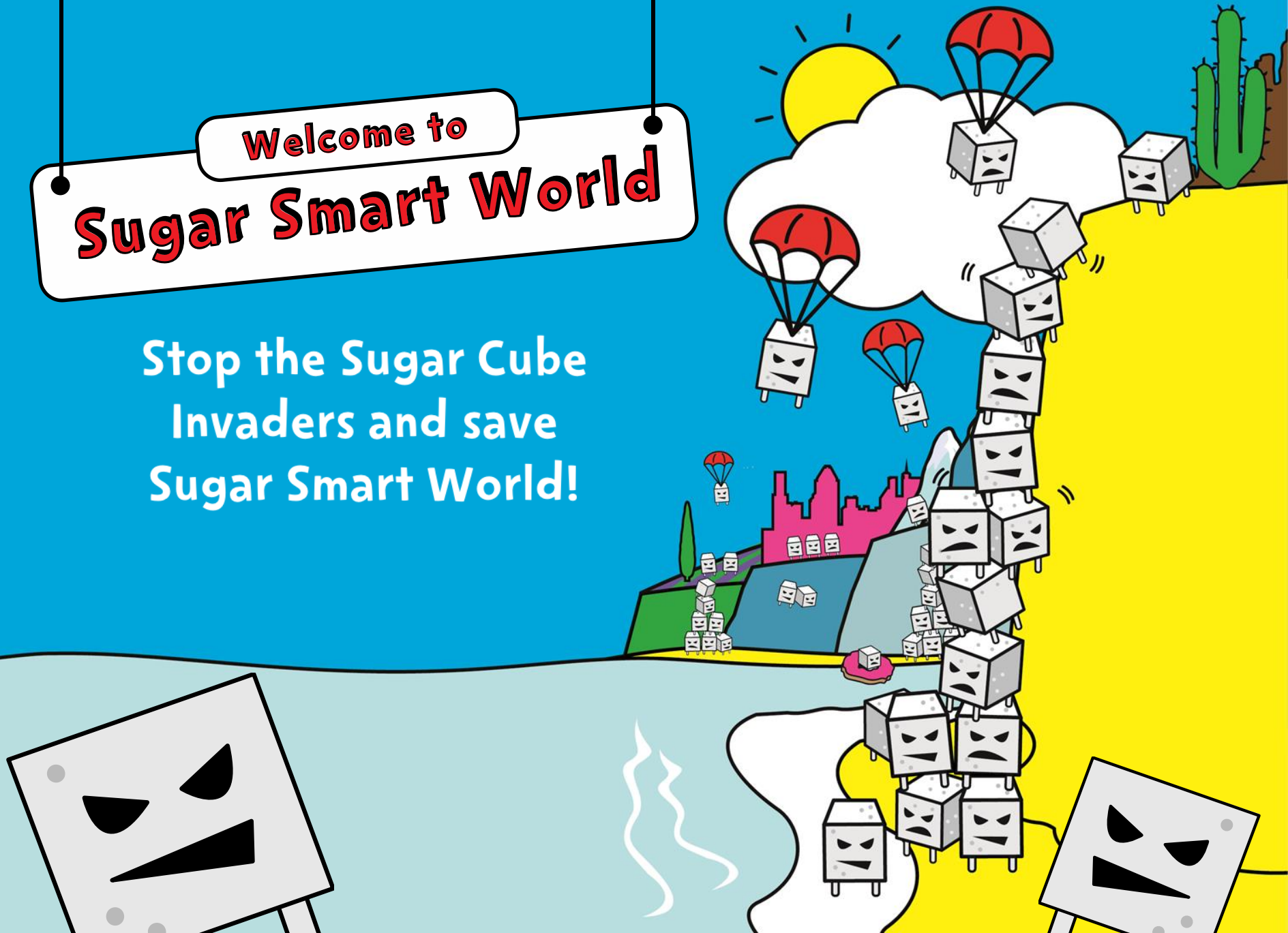


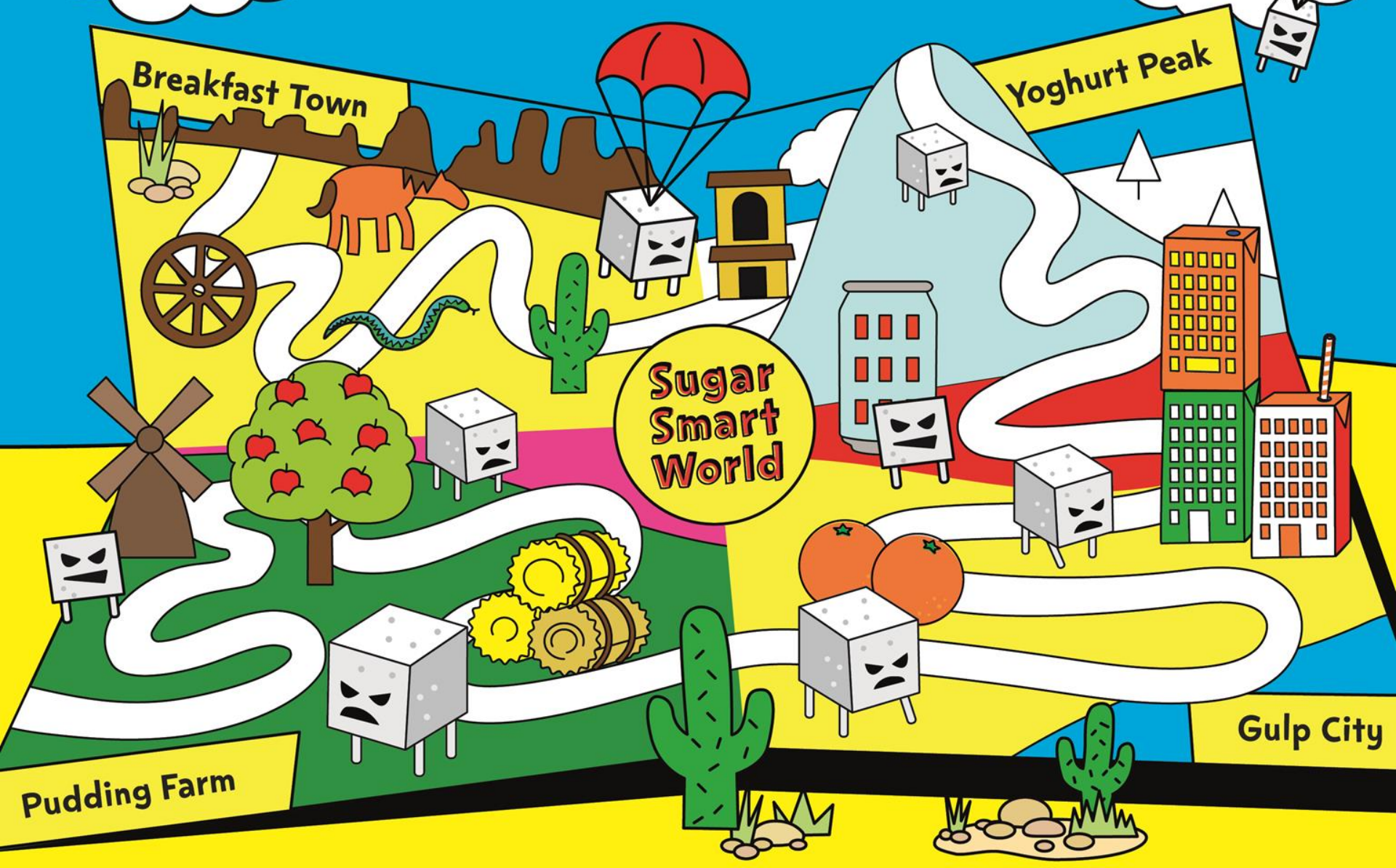
Welcome to  
**Sugar Smart World**

Stop the Sugar Cube  
Invaders and save  
Sugar Smart World!





# A map of Sugar Smart World



The Sugar Cube Invaders have stolen  
the names of these healthier foods



Orange

Apple



Banana

Milk

**Well done!**

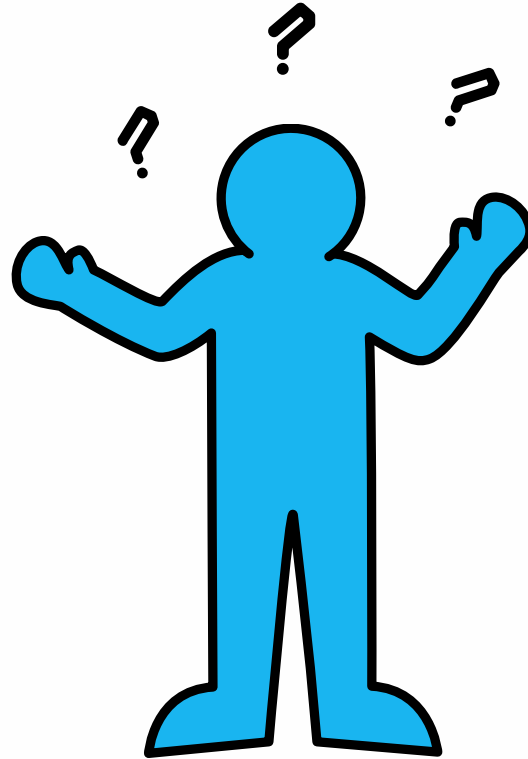
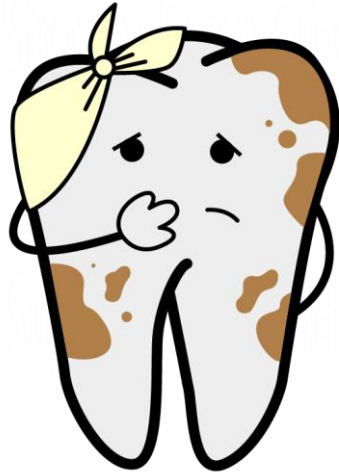
## Lesson aims

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
- share information with others in your writing.



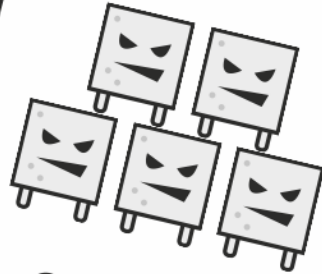
Why shouldn't we have too much sugar?





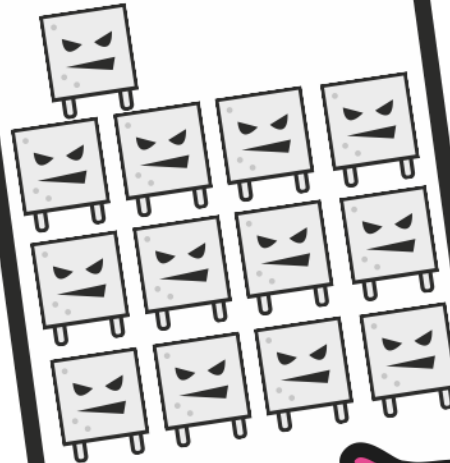
## How much sugar?

5 cubes



This is the maximum number of sugar cubes children aged 4-6 years should be having in a day.

13 cubes



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



Where does all this sugar come from?

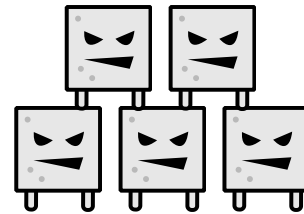




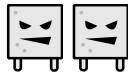
**Where does all this sugar come from?**



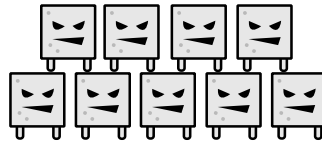
**Sugary puddings.  
A chocolate pudding  
pot can contain  
5 sugar cubes.**



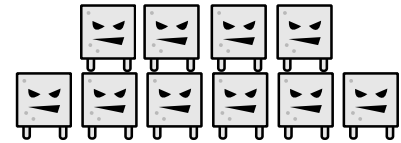
# How much sugar are we drinking?



Higher-sugar  
juice drink



Sugary cola

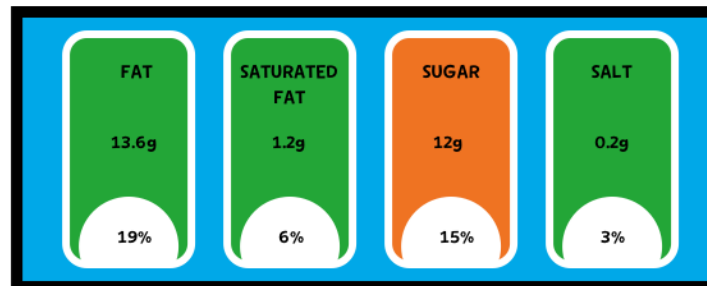
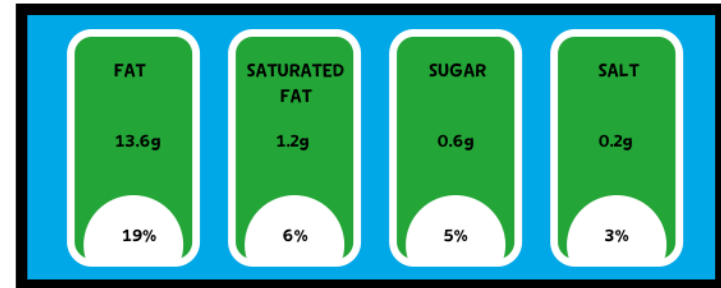
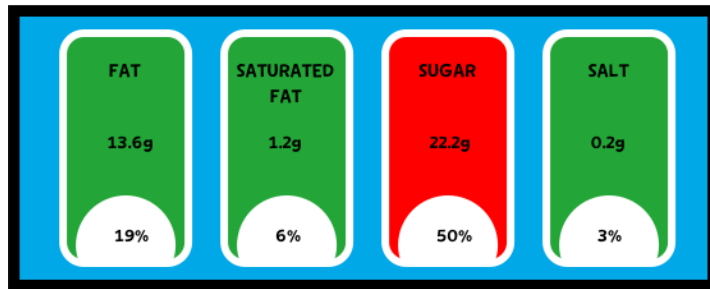


Higher-sugar  
milkshake

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

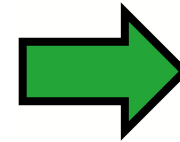
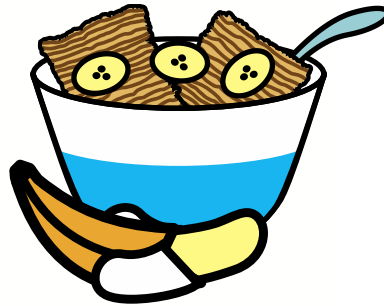
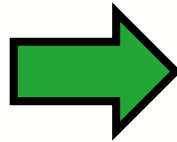


# Read the 'traffic light' labels to help you make a sugar swap

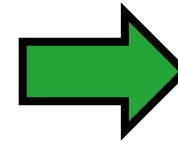
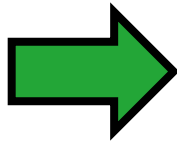




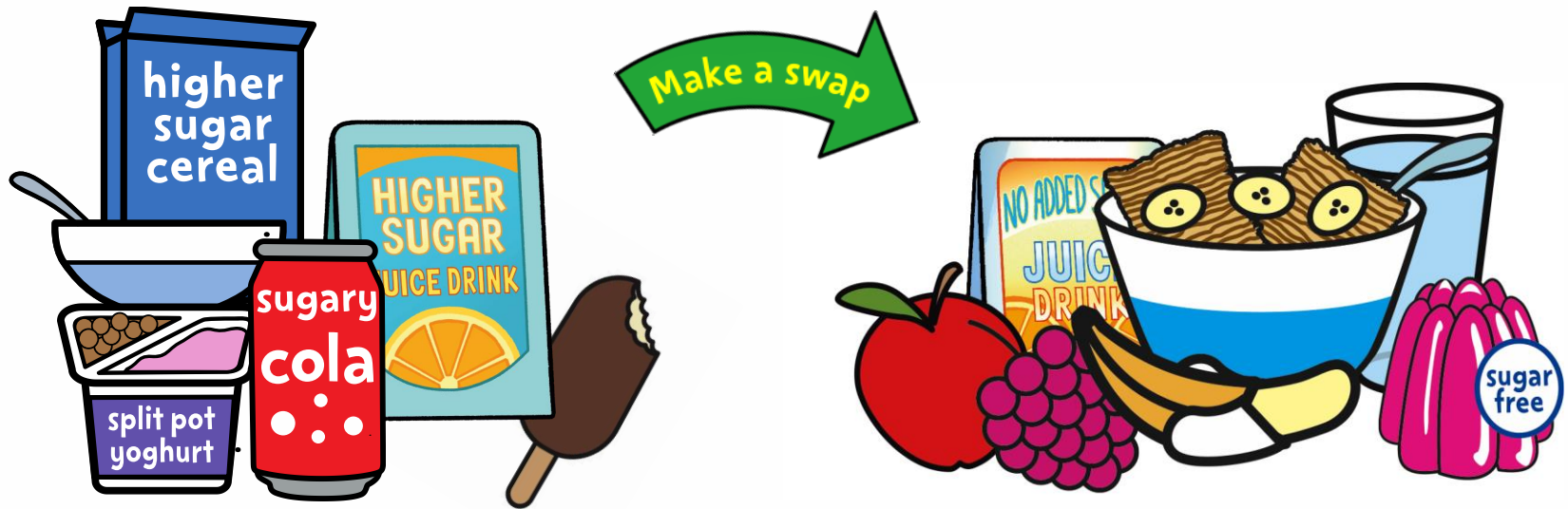
Can you make a swap?



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?

Ring!  
Ring!



Voicemail 1 - [Click](#)

Voicemail 2 - [Click](#)

Voicemail 3 - [Click](#)

Next slide



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

So exactly why shouldn't  
I have too much sugar?



**Voicemail 1 - [Click](#)**

**Voicemail 2 - [Click](#)**

**Voicemail 3 - [Click](#)**

Next slide

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

I've got lots of things in my basket. What should I look at to see if my food and drink has too much sugar?



Voicemail 1 - [Click](#)

Voicemail 2 - [Click](#)

Voicemail 3 - [Click](#)

Next slide

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

Oh dear – I have  
checked the labels.  
There is too much sugar  
in my drink, yoghurt,  
cereal and pudding!



Voicemail 1 - [Click](#)

Voicemail 2 - [Click](#)

Voicemail 3 - [Click](#)

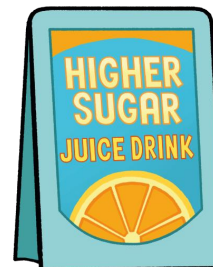
Next slide

# Create a poster to teach Sugar Smart World citizens about everyday swaps

It needs to show them:

- why we shouldn't have too much sugar
- simple lower-sugar swaps for foods and drinks.

Example:

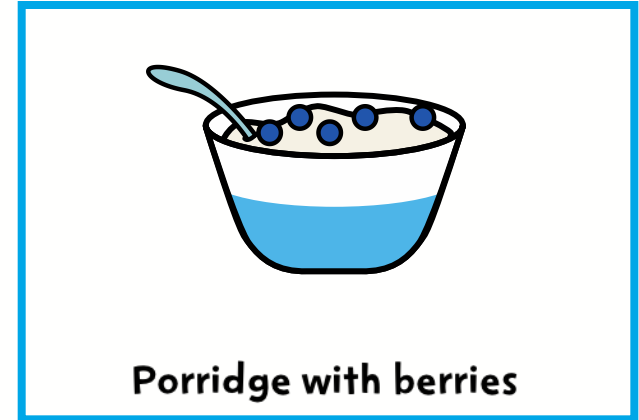




Time to go shopping...how many swaps can you make?

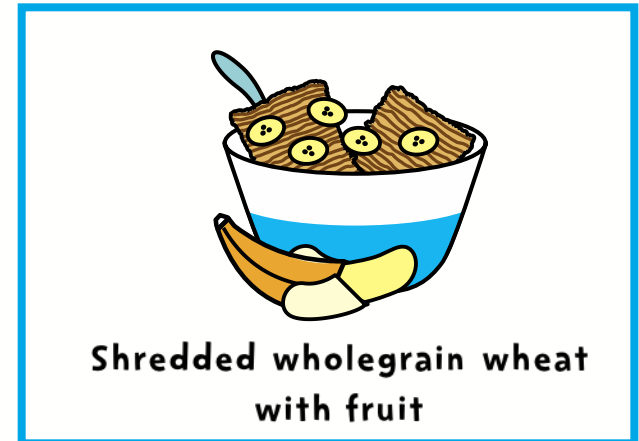


Can you make a swap?

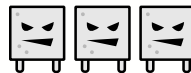


Porridge with berries

or



Shredded wholegrain wheat  
with fruit



Can you make a swap?

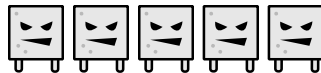


Tinned fruit salad

or



Sugar free jelly

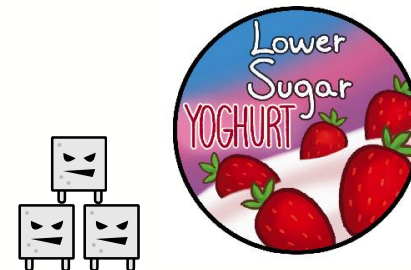
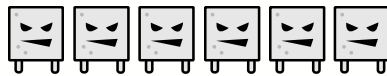


# Can you make a swap?



Plain natural yoghurt  
with sliced banana

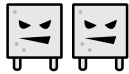
or



Low fat,  
lower-sugar yoghurt

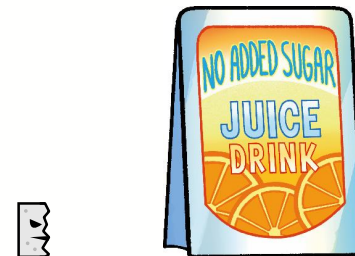


# Can you make a swap?



Plain lower-fat milk

or



No added sugar juice drink

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





Song time



**Sugar cubes, go away!**  
**Don't come back another day**  
**You're not good for our teeth**  
**Sugar, go away!**

