

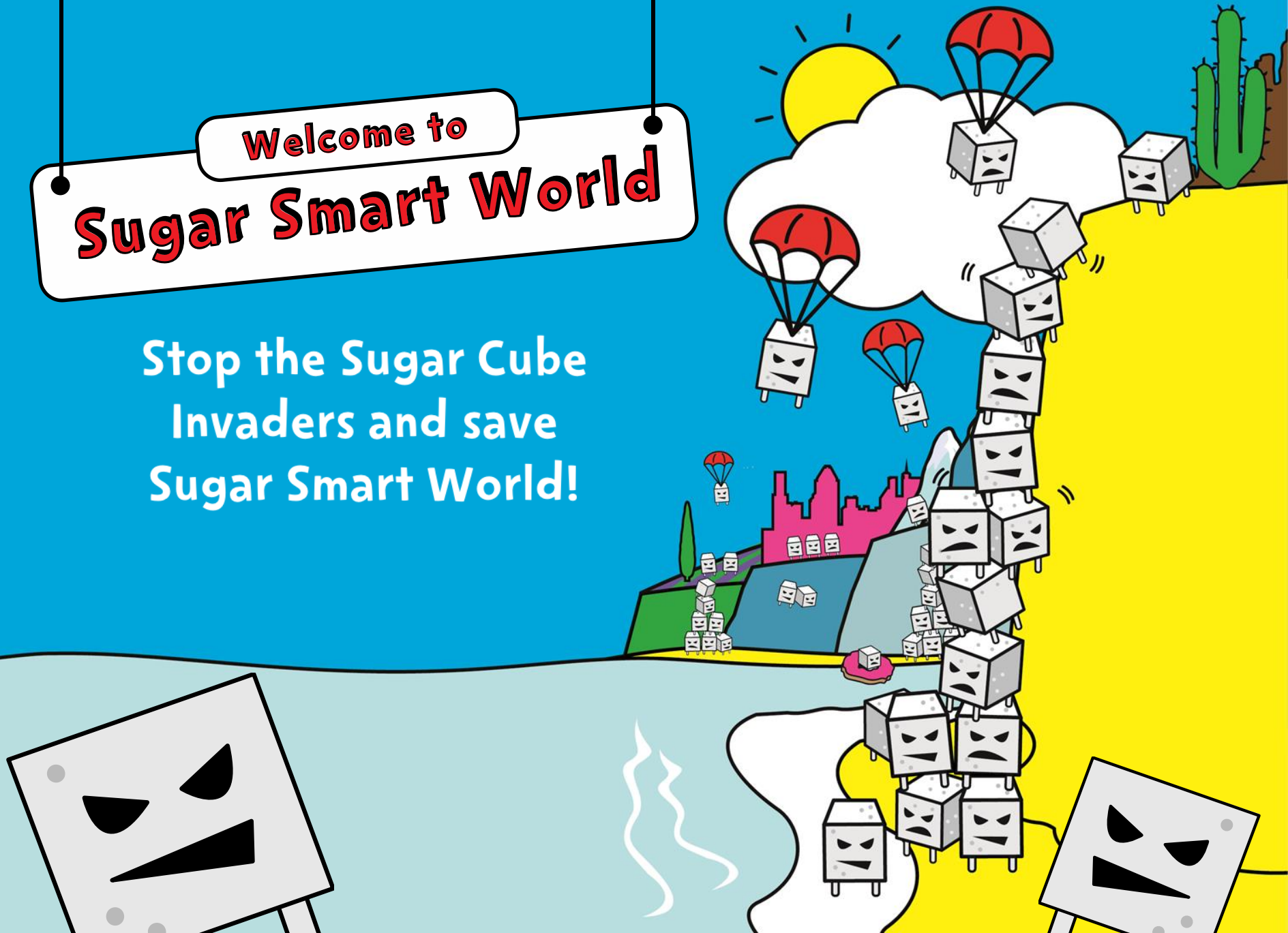
The adventures of



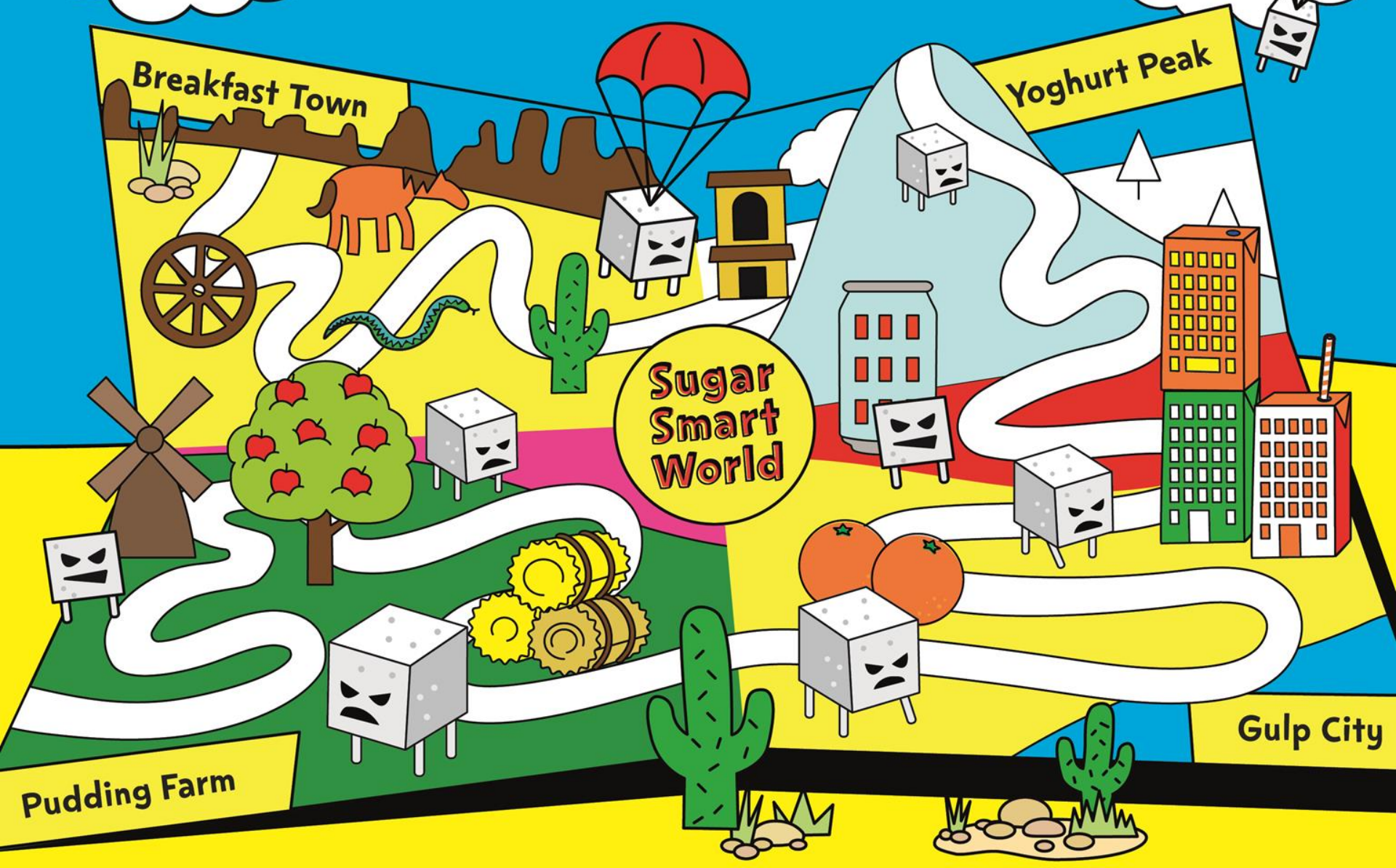
in Sugar Smart World

Welcome to
Sugar Smart World

Stop the Sugar Cube
Invaders and save
Sugar Smart World!



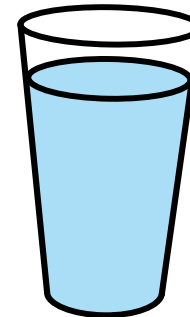


A map of Sugar Smart World





**Which item do you think
contains the most sugar cubes?**

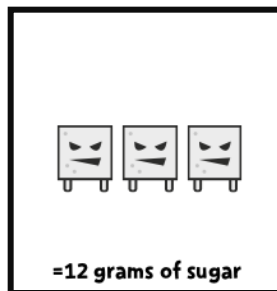


**Which item do you think contains
the least sugar cubes?**

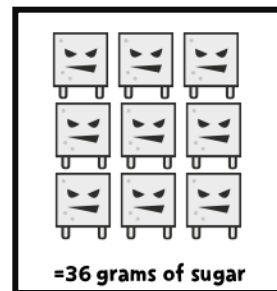
Use the clues to work out how many
sugar cubes each item contains



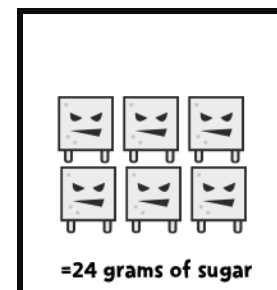
$$301 - 298 = 3$$



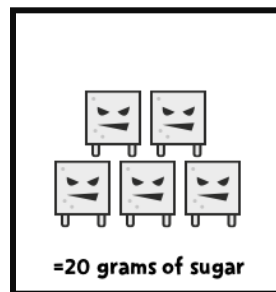
$$1/3 \text{ of } 27 = 9$$



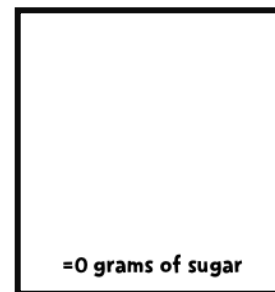
$$30 \times 6 = 180$$



$$35 \div 7 = 5$$



$$7 \times 0 = 0$$



= 4 grams of sugar

Can you work out how many grams
of sugar each item contains?

Lesson aims

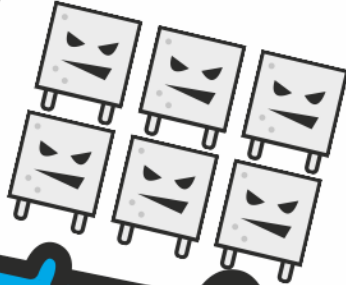
After this lesson, you will be able to:

- explain that different foods and drinks contain different amounts of sugar
- identify some sugar swaps you can make
- solve problems using the four operations
- recall multiplication, division and related facts for the 4 times table.



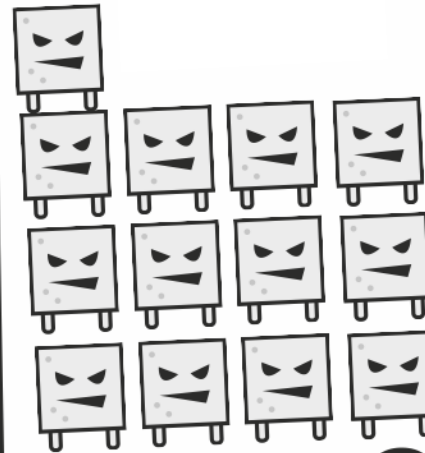
How much sugar?

6 cubes



This is the maximum amount of sugar children aged 7–10 years should be having in a day.

13 cubes



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



Just how much sugar is that?

?

If that's around 8 extra sugar cubes a day...



How many extra sugar cubes do you think that is in a week?

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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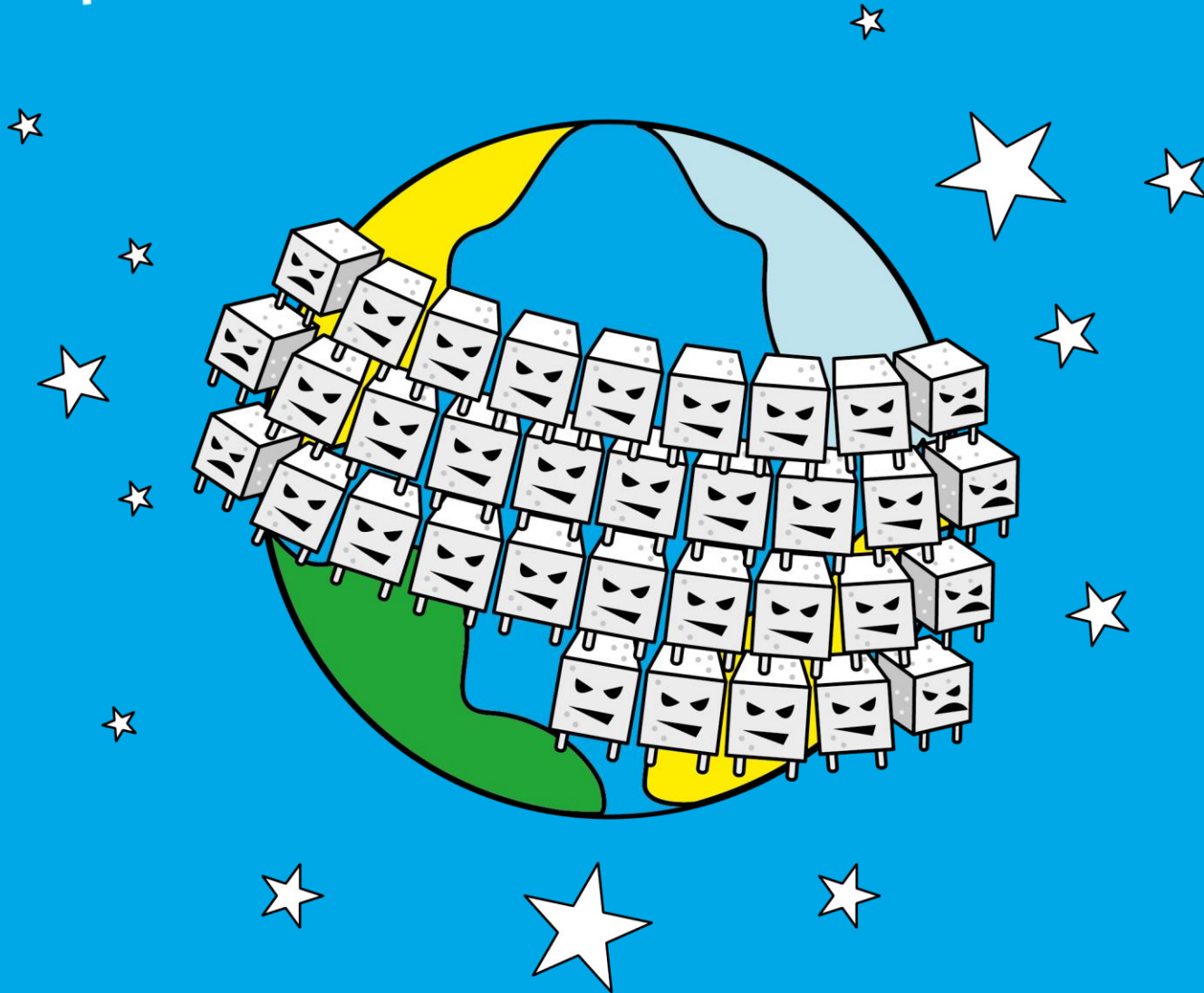
How many extra sugar cubes do you think that is in a year?

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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How many extra sugar cubes do you think all primary-aged pupils in England have in a year?



Over 14 billion extra sugar cubes! Those are enough sugar cubes to wrap around the world more than three and a half times!



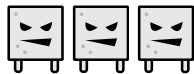
Where does all this sugar come from?



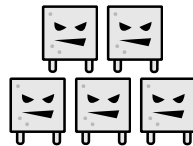
Where does lots of this sugar come from?



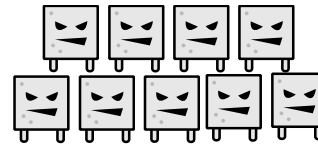
**Higher-sugar
cereals**



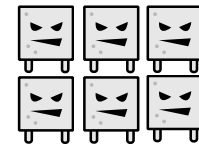
**Higher-sugar
puddings**



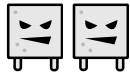
**Sugary
drinks**



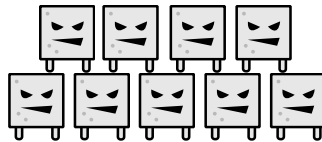
**Higher-sugar
yoghurts**



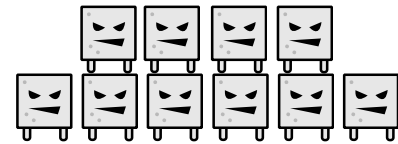
How much sugar are we drinking?



Higher-sugar
juice drink



Sugary cola



Higher-sugar
milkshake

Remember:
your daily
maximum is
6 cubes

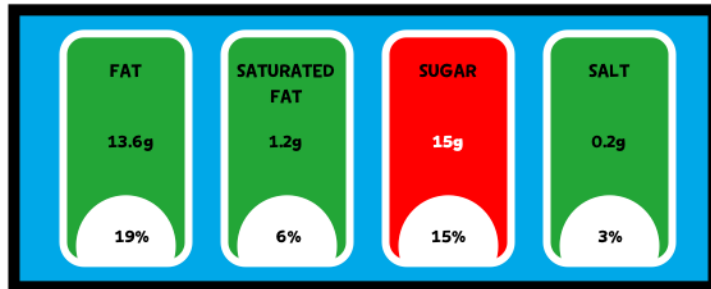


Don't worry – there are everyday swaps we can all make!

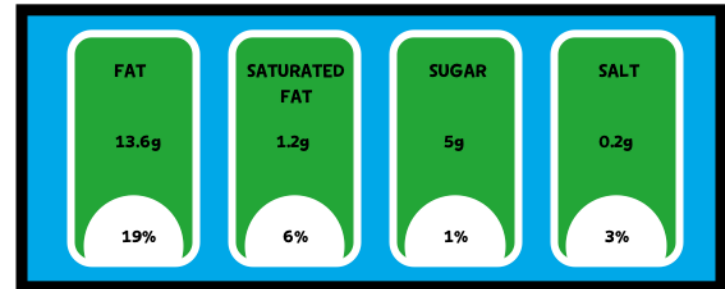


Read the 'traffic light' labels to help you make a sugar swap

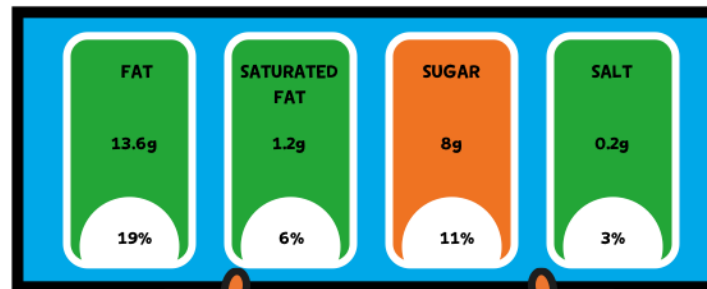
A



B



C



Can you make a swap?



**Porridge with fruit and
a lower-sugar juice drink**

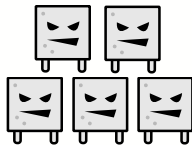
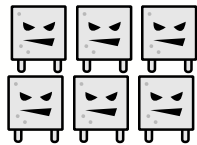
1. How many grams of sugar in a bowl of sugary cereal and a can of sugary cola?
2. Is that more, less, or the same as the daily maximum?
3. How much more?

 = 4 grams of sugar

**Remember:
your daily
maximum is
6 cubes**



Can you make a swap?



Plain natural yoghurt
with fruit and sugar
free jelly

1. How many grams of sugar in a sugary yoghurt and ice cream?
2. Is that more, less, or the same as the daily maximum?
3. How much more?

Remember:
your daily
maximum is
6 cubes



 = 4 grams of sugar

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



Well done!

Time to put your sugar
swapping knowledge to the test!



Can you order the items from lowest to highest sugar content?



Can you order the items from lowest to highest sugar content?

LOWEST



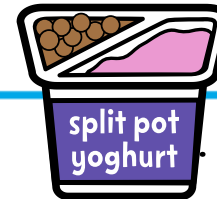
2 cubes
8g of sugar



3 cubes
12g of sugar



5 cubes
20g of sugar



6 cubes
24g of sugar



9 cubes
36g of sugar

HIGHEST

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

