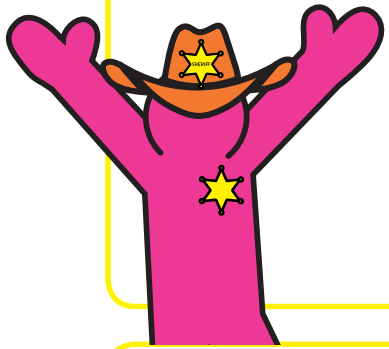
Year 5



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

1 = 4 grams of sugar

1. Show her how many sugar cubes each item contains.

The number of sugar cubes in a box is the same as 1550 – 1483.

☐ sugar cubes

The number of sugar cubes in a bottle is the same as 385 ÷ 7.

☐ sugar cubes

The number of sugar cubes in a pot is the same as 0.03 x 100.

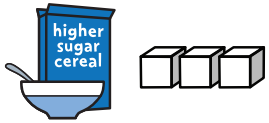
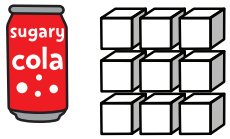
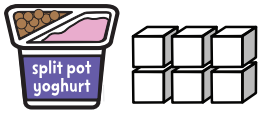
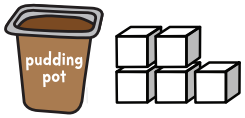
☐ sugar cubes

The number of sugar cubes in a bag is the same as 10% of 50.

☐ sugar cubes

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 the citizen's total:

☐ a) Daily sugar cubes?

☐ b) Daily grams of sugar?

☐ c) Weekly sugar cubes?

☐ c) Yearly sugar cubes?

Challenge

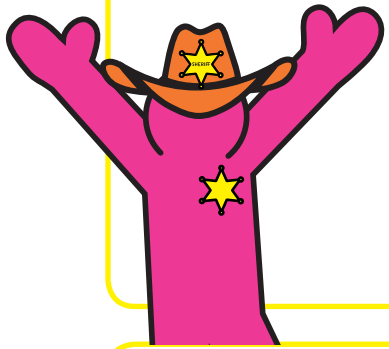
More than a quarter of the citizen's intake comes from sugary drinks. True or false? Prove it.

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

Year 5



Year 5 answer sheet

1 = 4 grams of sugar

The number of sugar cubes in a box is the same as 1550 – 1483.

67 sugar cubes

The number of sugar cubes in a bottle is the same as 385 ÷ 7.

55 sugar cubes

The number of sugar cubes in a pot is the same as 0.03 x 100.

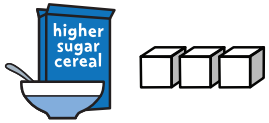
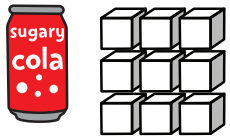
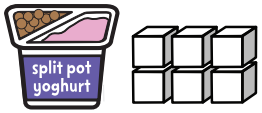
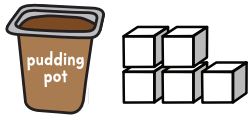
3 sugar cubes

The number of sugar cubes in a bag is the same as 10% of 50.

5 sugar cubes

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 the citizen's total:

23	a) Daily sugar cubes?
92	b) Daily grams of sugar?
161	c) Weekly sugar cubes?
8395	c) Yearly sugar cubes?

Challenge

True. Pupils might prove this by finding 1/4 of 23 (5.75).

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