

The adventures of

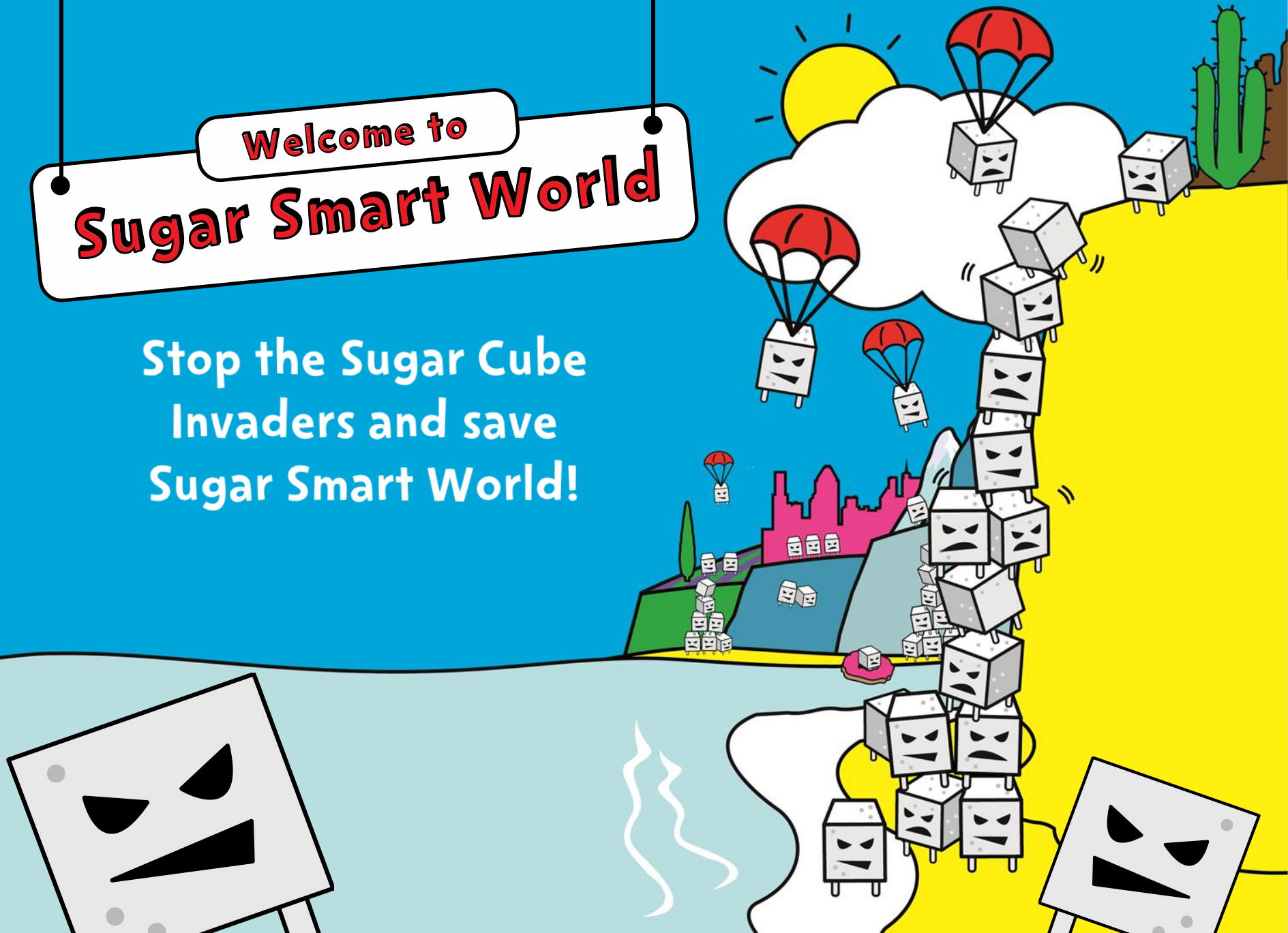


Class name

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

The map illustrates a whimsical landscape with several key areas: **Breakfast Town** in the top left, featuring a brown horse, a green cactus, and a large wooden wheel; **Yoghurt Peak** in the top right, a snow-capped mountain with a small yellow tower; **Gulp City** in the bottom right, a cluster of colorful buildings; and **Pudding Farm** in the bottom left, showing a green tree with red apples and a brown windmill. A central yellow circle is labeled **Sugar Smart World**. The map is populated with numerous white, cube-shaped characters with angry expressions, some of whom are parachuting from the sky. A winding white path leads through the landscape, and various other elements like a green cactus, a green snake, and a large orange are scattered throughout.

Gulp City

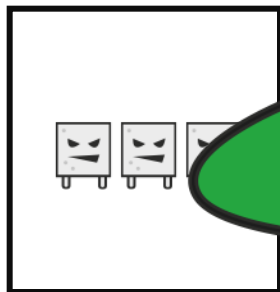
Pudding Farm



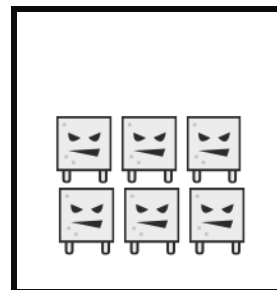
you

You have helped the
people of Sugar Smart World!

ns?



$$1 + 2 = 3$$



$$1 + 5 = 6$$

$$= ?$$

Well done!



Lesson aims

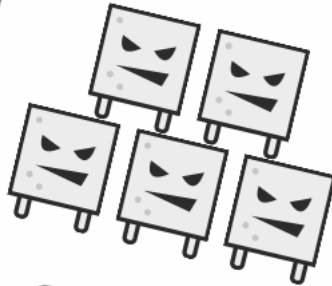
After this lesson, you will be able to:

- explain that different foods and drinks contain different amounts of sugar
- identify some everyday sugar swaps you can make
- solve addition and subtraction problems.



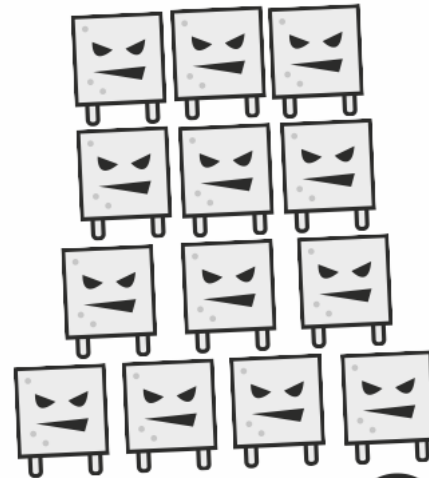
How much sugar?

5 cubes



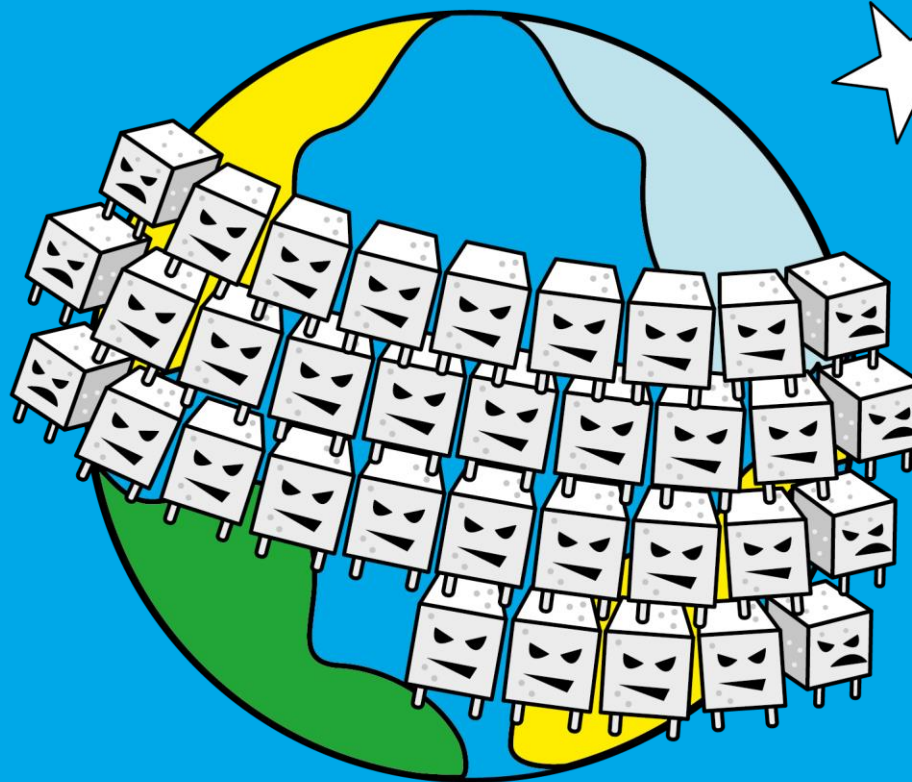
This is the maximum number of sugar cubes children aged 4-6 years should be having in a day.

13 cubes



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

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



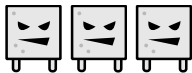
Where does all this sugar come from?



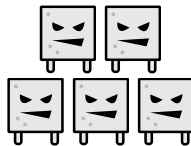
Where does lots of this sugar come from?



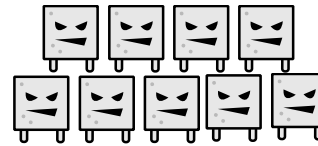
Higher-sugar cereals



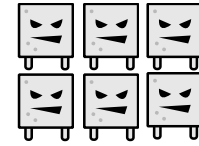
Higher-sugar puddings



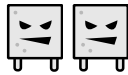
Sugary drinks



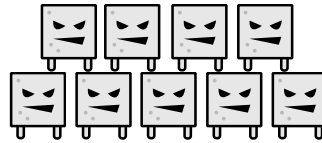
Higher-sugar yoghurts



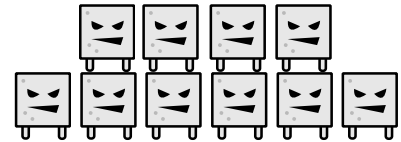
How much sugar are we drinking?



Higher-sugar
juice drink



Sugary cola



Higher-sugar
milkshake

Remember:
your daily
maximum
is 5 cubes

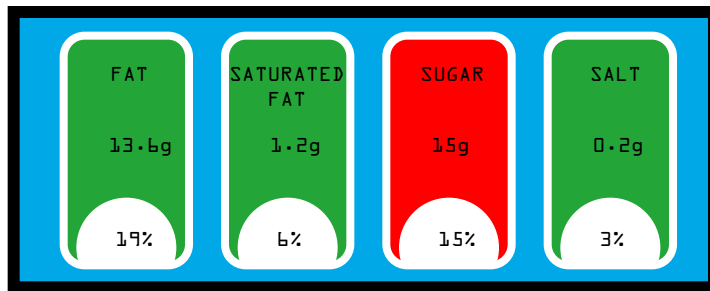


Don't worry – there are everyday swaps we can all make!

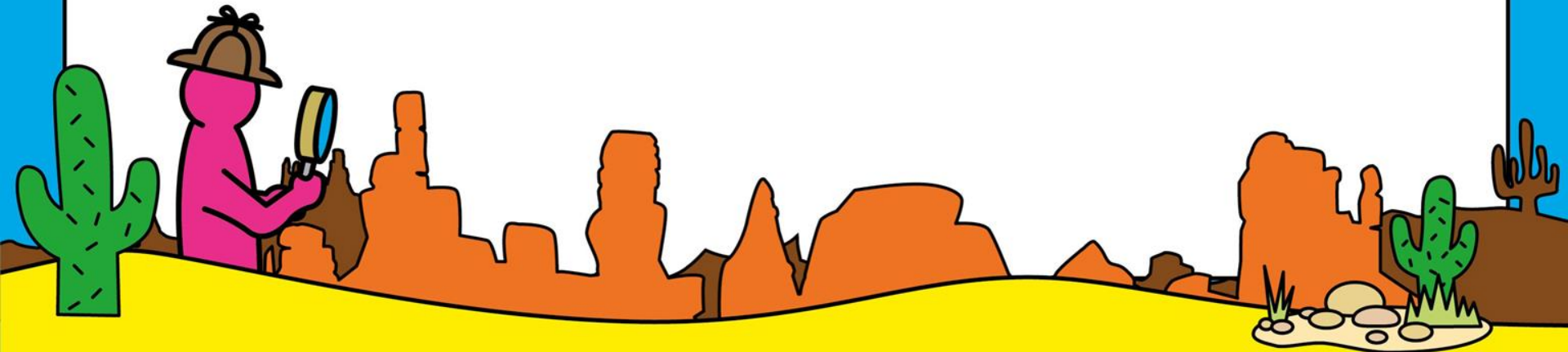
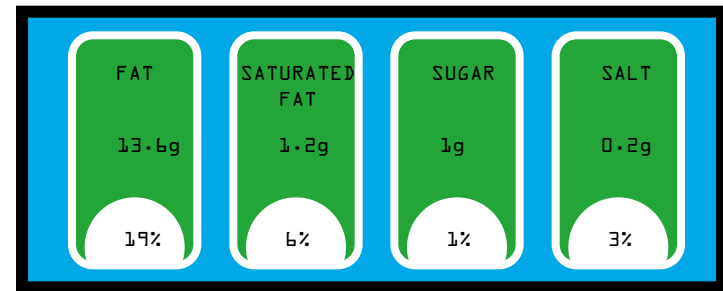


Read the 'traffic light' labels to help you make a sugar swap

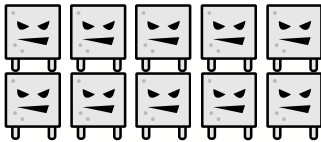
A



B



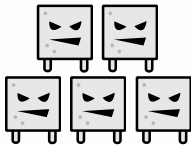
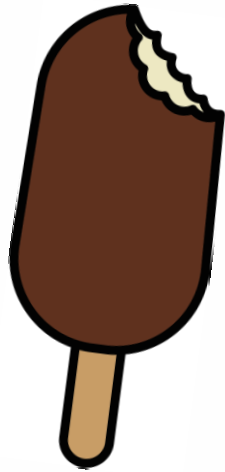
Can you make a swap?



Remember:
your daily
maximum is
5 cubes



Can you make a swap?



Remember:
your daily
maximum is
5 cubes



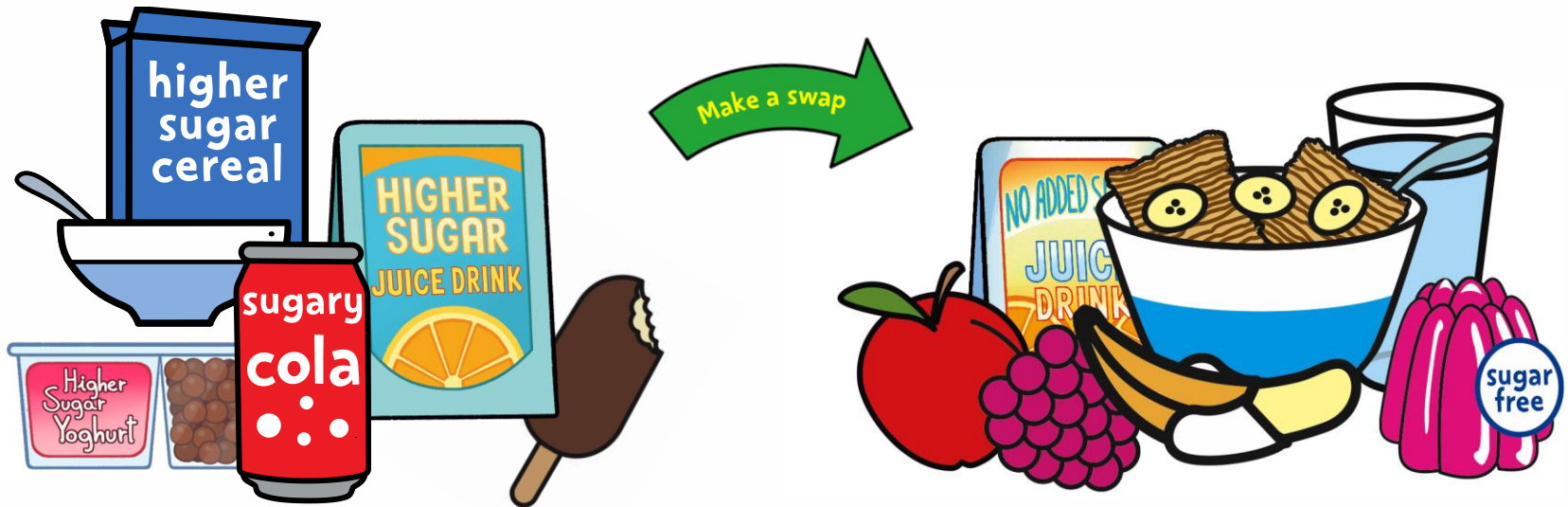
Can you make a swap?



Remember:
your daily
maximum is
5 cubes



**You've learned about
how to make everyday swaps!**



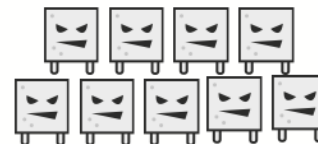
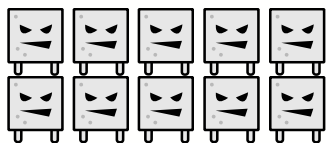
Can you help the people of
Sugar Smart World make everyday swaps too?



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



Can you help Rocky to make a swap?



1. Sugary cola

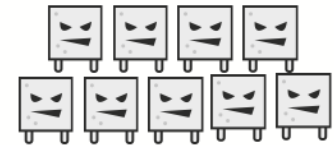
or



2. Semi-skimmed milk



Can you help Rocky to make a swap?



1. Sugary cola

or

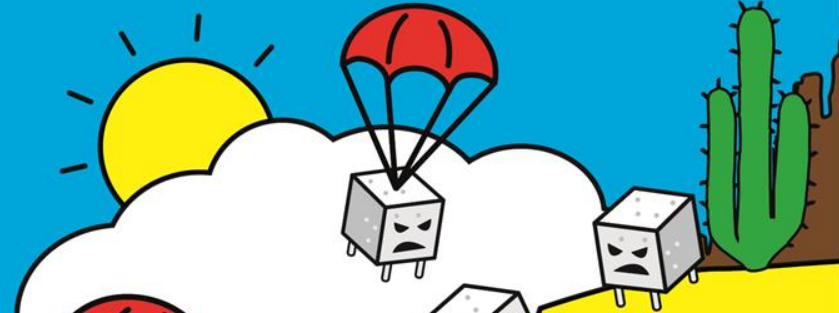
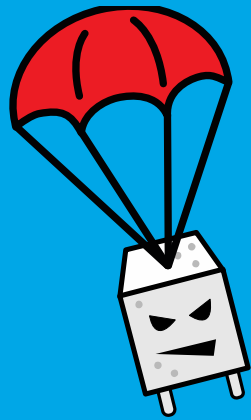
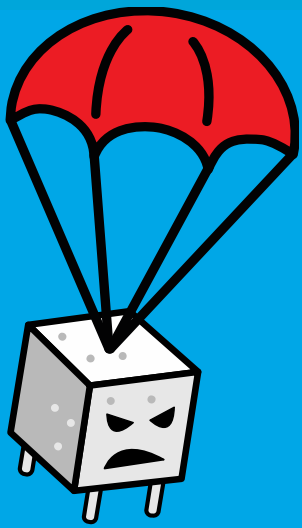


skimmed milk

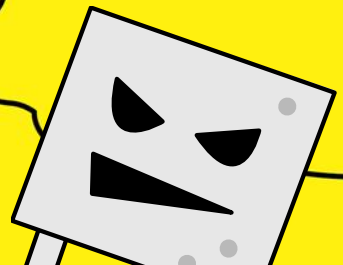
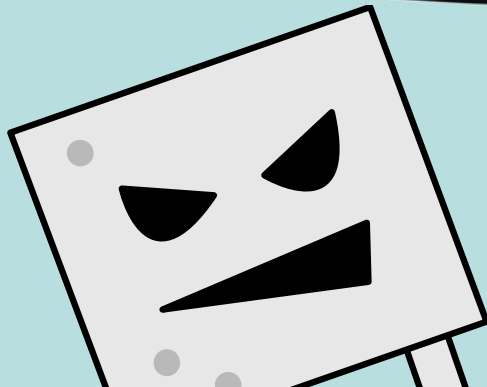
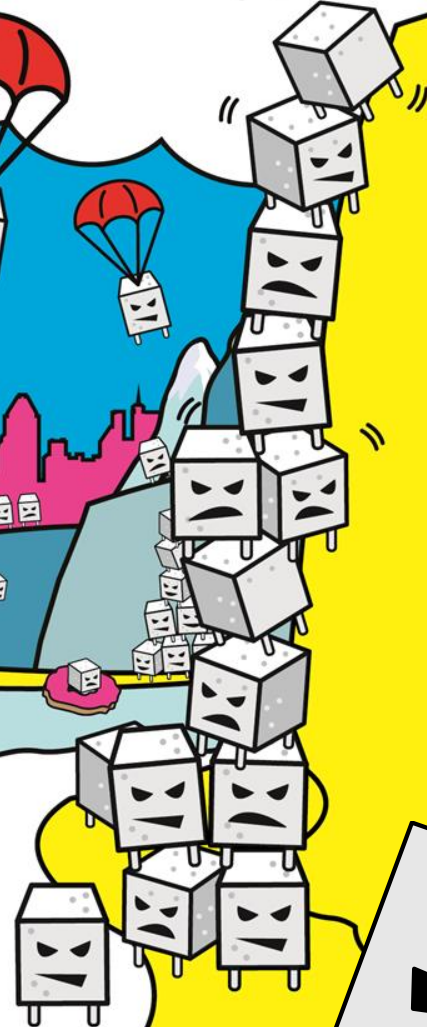
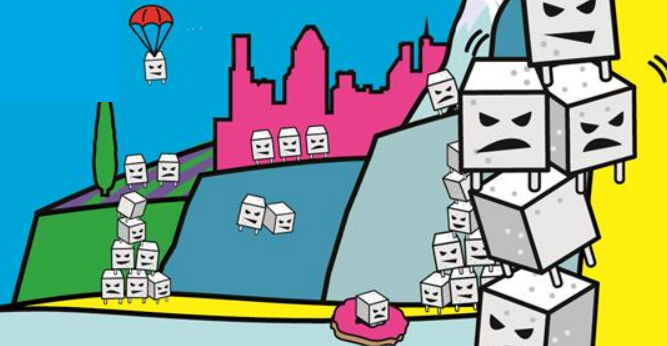
Well done!



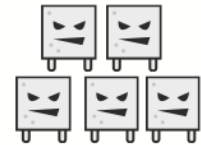
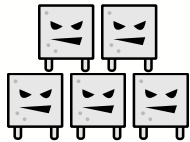
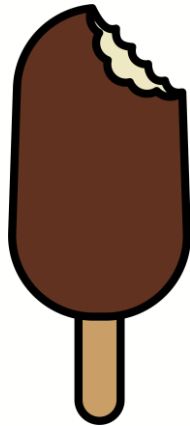
NEXT QUESTION



Oops, try again!



Can you help Shanice to make a swap?



1. Chocolate pudding pot

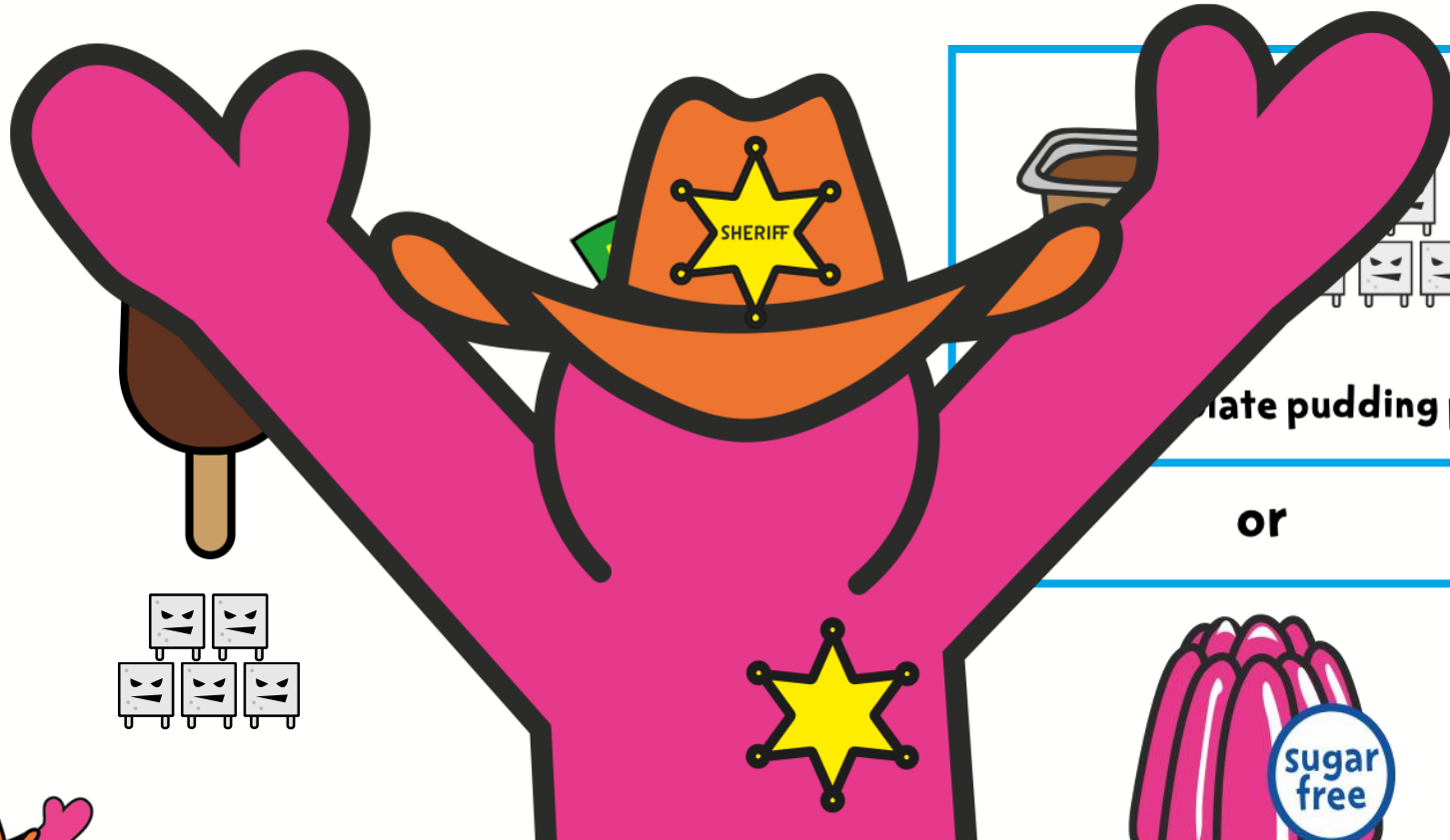
or



2. Sugar free jelly



Can you help Shanice to make a swap?

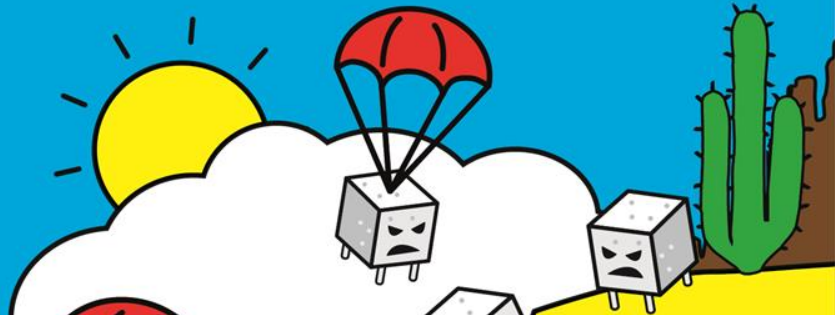
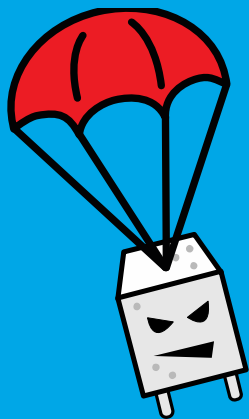
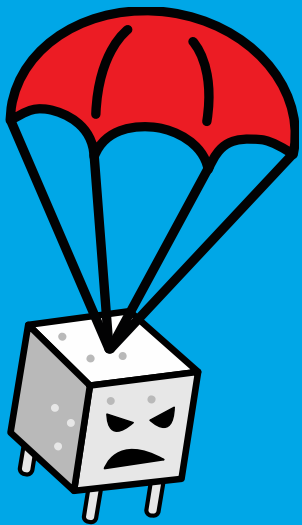


or

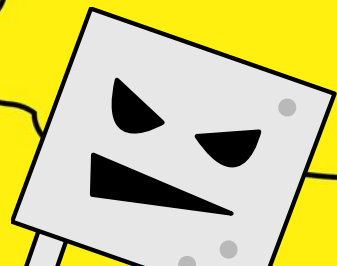
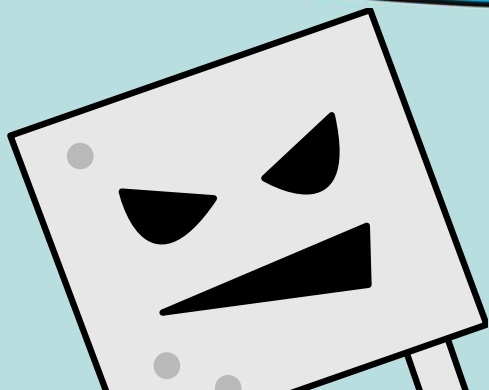
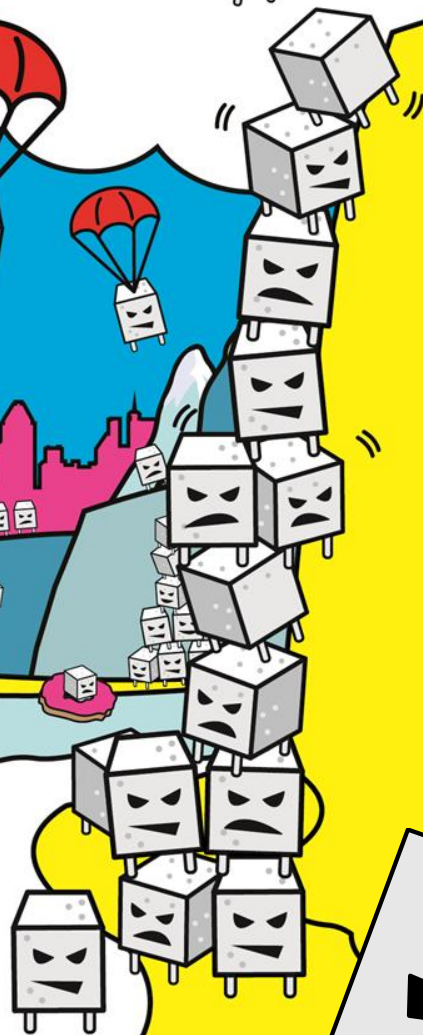
Well done!



NEXT QUESTION



Oops, try again!

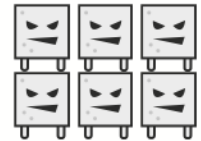


Can you help Rocky to make a swap?

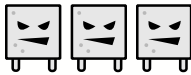


1. Porridge with fruit

or



2. Higher-sugar yoghurt



Can you help Rocky to make a swap?



1. Porridge with fruit

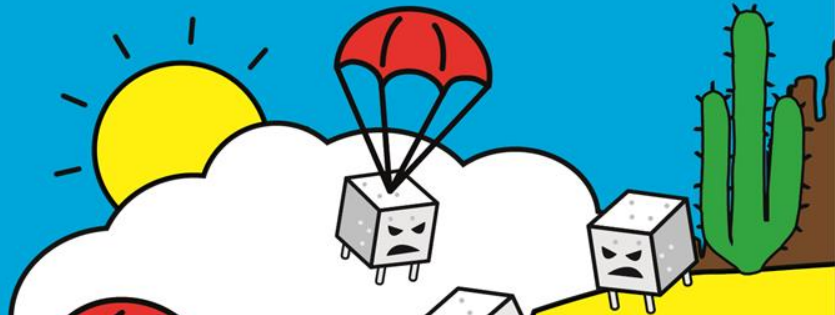
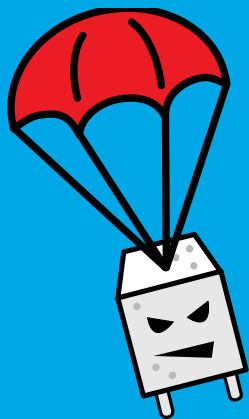
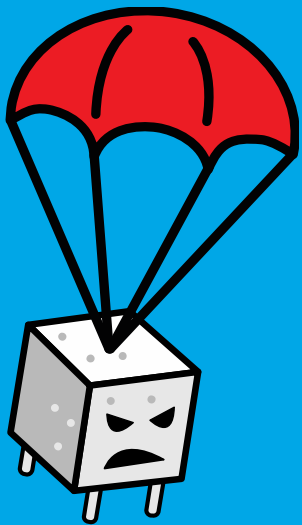
or



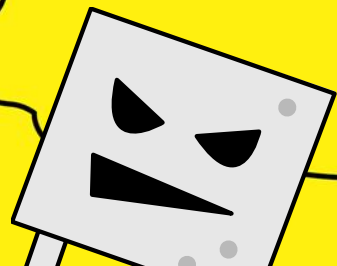
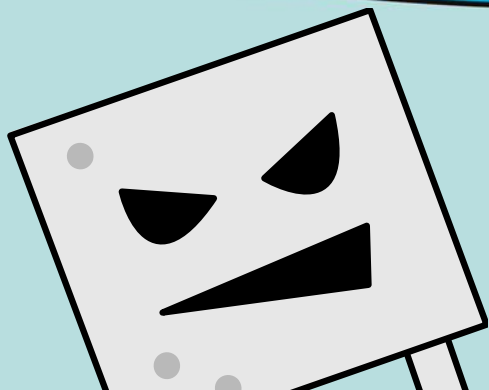
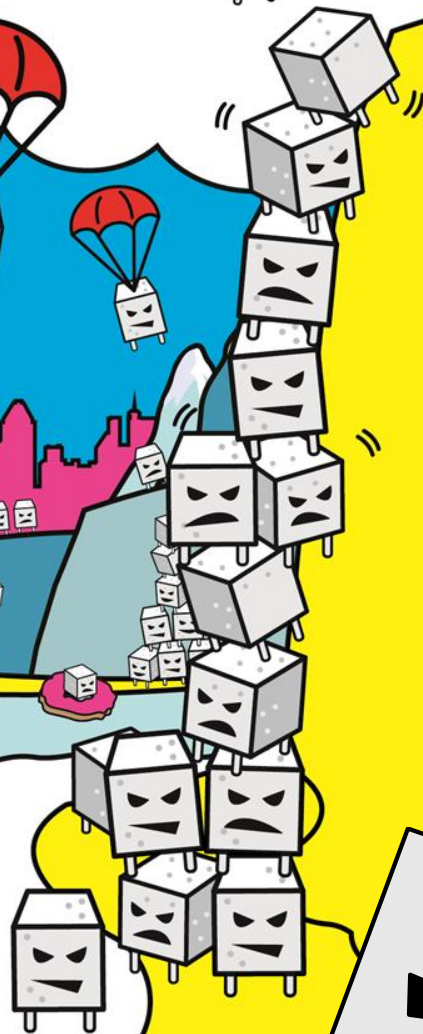
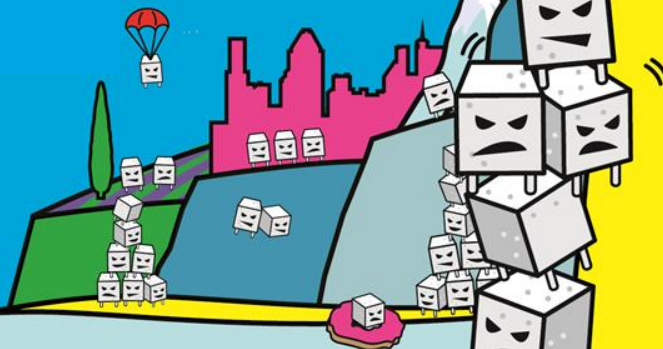
Well done!

-sugar yoghurt





Oops, try again!



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

