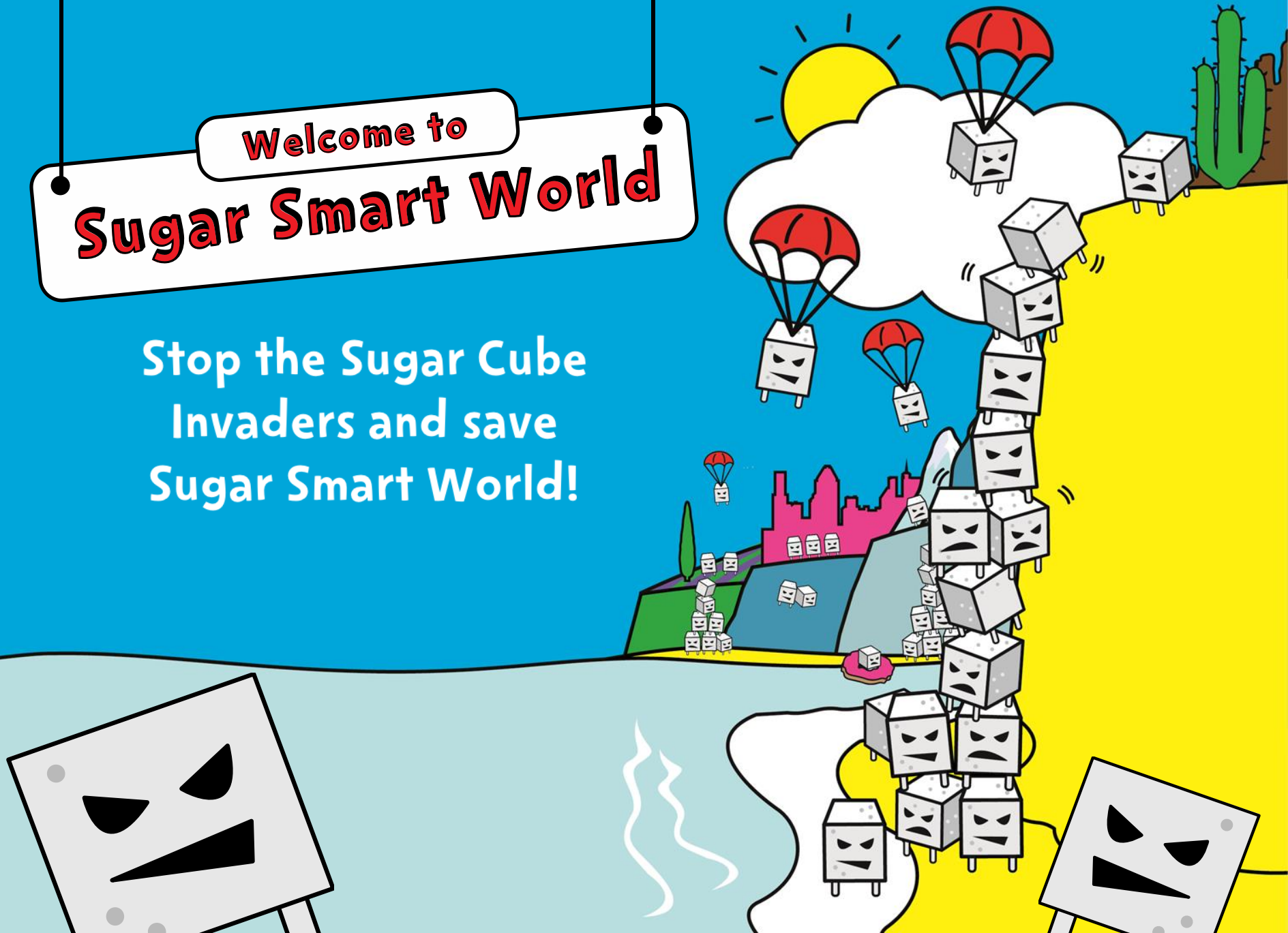
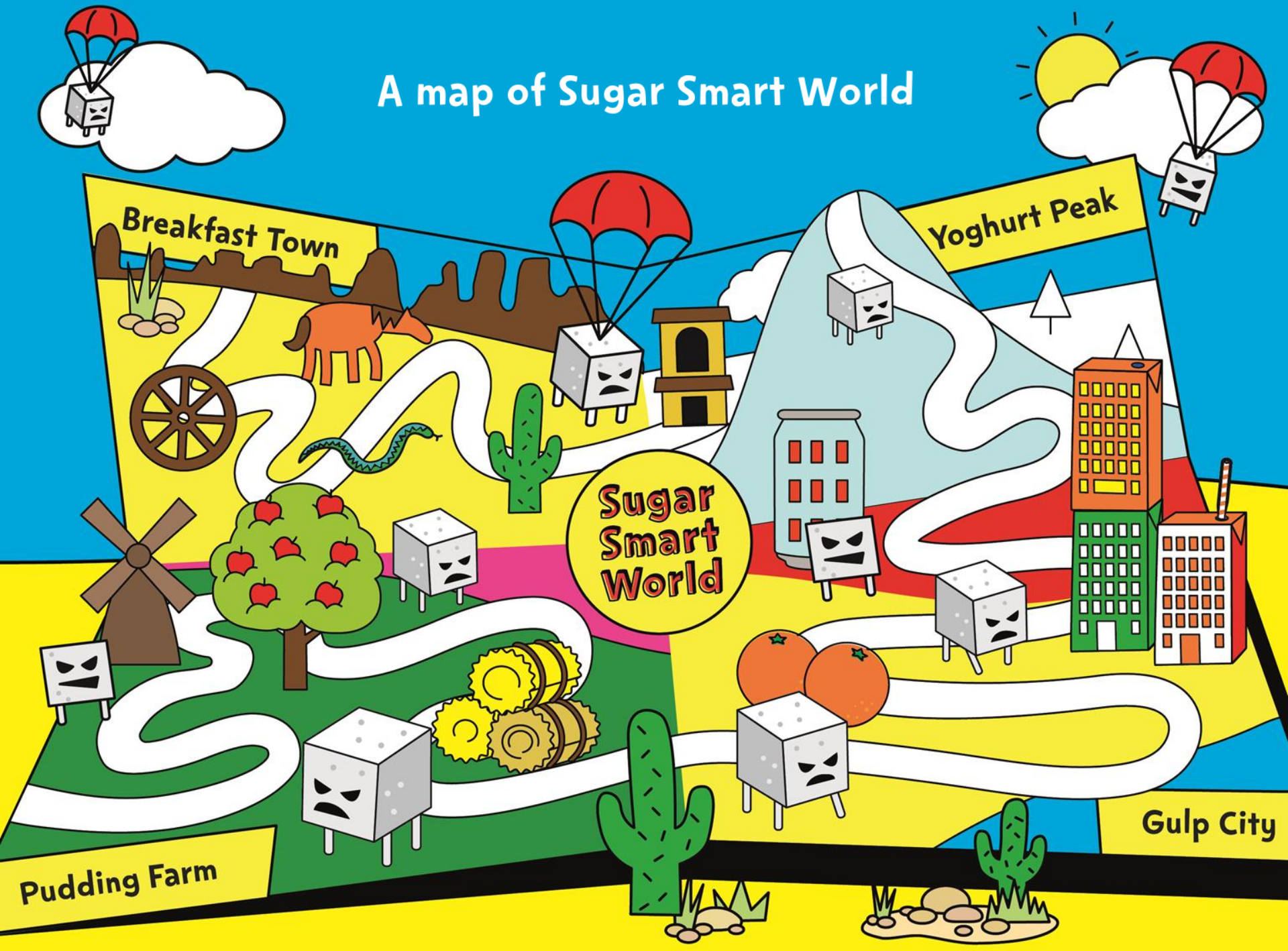


Welcome to
Sugar Smart World

Stop the Sugar Cube
Invaders and save
Sugar Smart World!

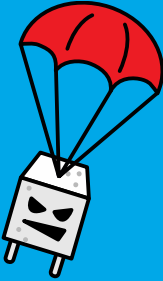


A map of Sugar Smart World





Well done – you have helped the
people of Sugar Smart World!

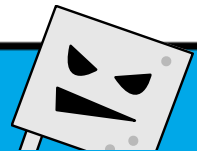
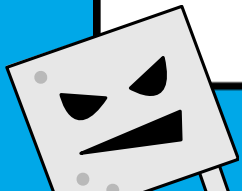


About a quarter of
the sugar children
eat and drink comes
from **sugary drinks**.

Each year, around
fourteen billion extra sugar
cubes are consumed by
children in England.

Fruit juice counts
towards your 5 A Day but we
should have no more than
150ml a day, and only
at mealtimes.

Unfortunately, kids are
having more than **two**
times more sugar than
they should!



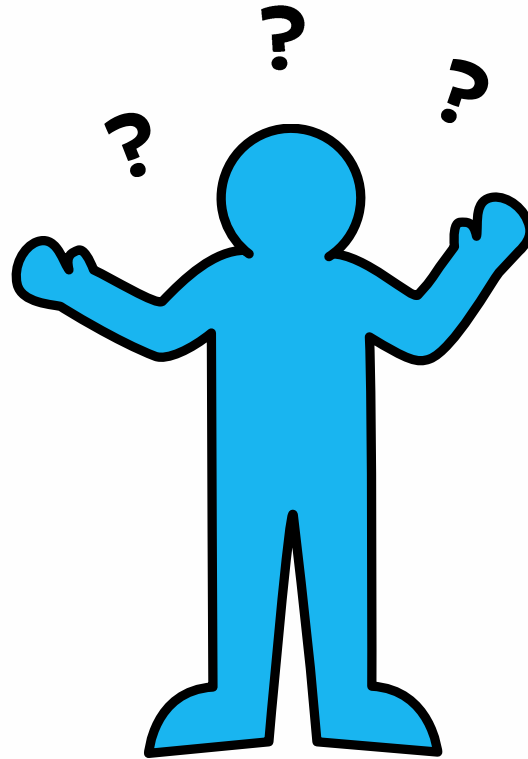
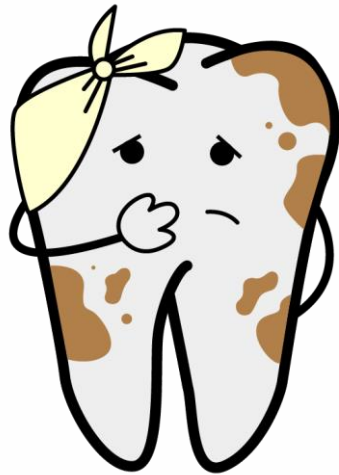
Lesson aims

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
- persuade others to make everyday sugar swaps.

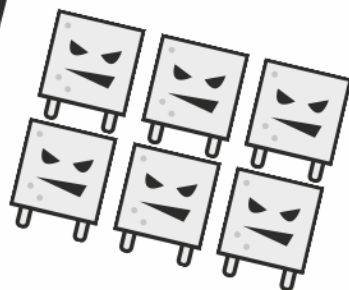


Why shouldn't we have too much sugar?



How much sugar?

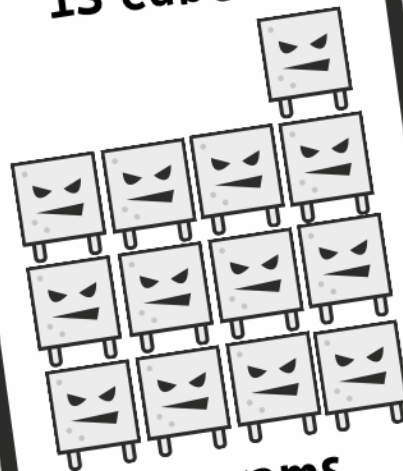
6 cubes



24 grams

This is the maximum number of sugar cubes children aged 7-10 years should be having in a day.

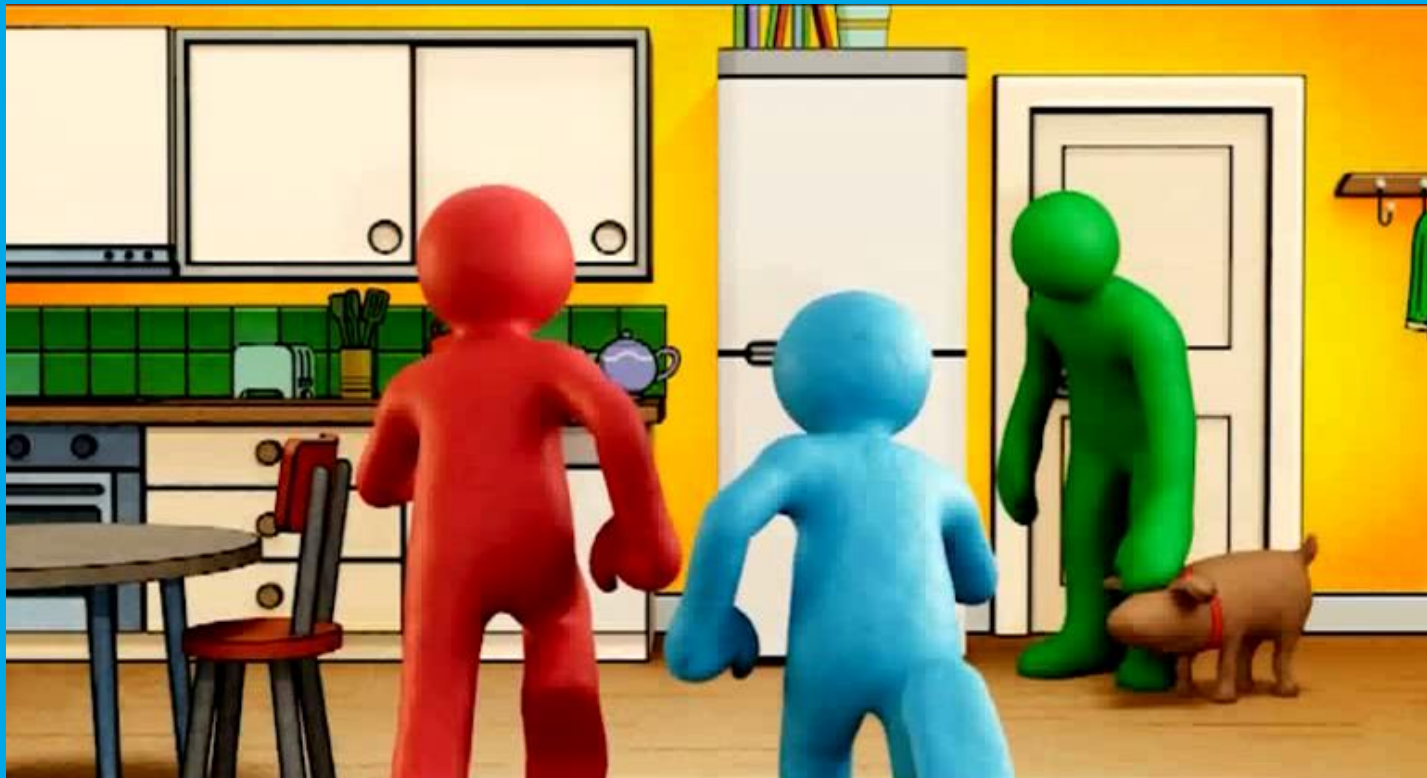
13 cubes



52 grams

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

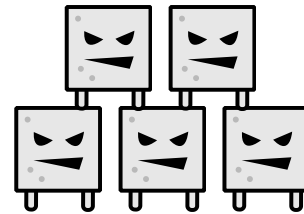
Where does all this sugar come from?



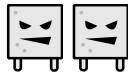
Where does all this sugar come from?



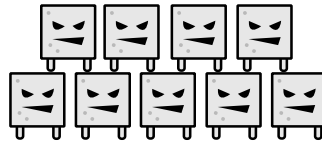
**Sugary puddings.
A chocolate pudding
pot can contain
5 sugar cubes.**



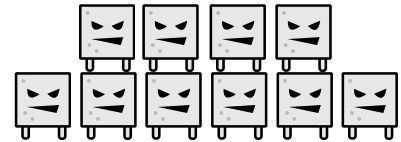
How much sugar are we drinking?



Higher-sugar
juice drink



Sugary cola

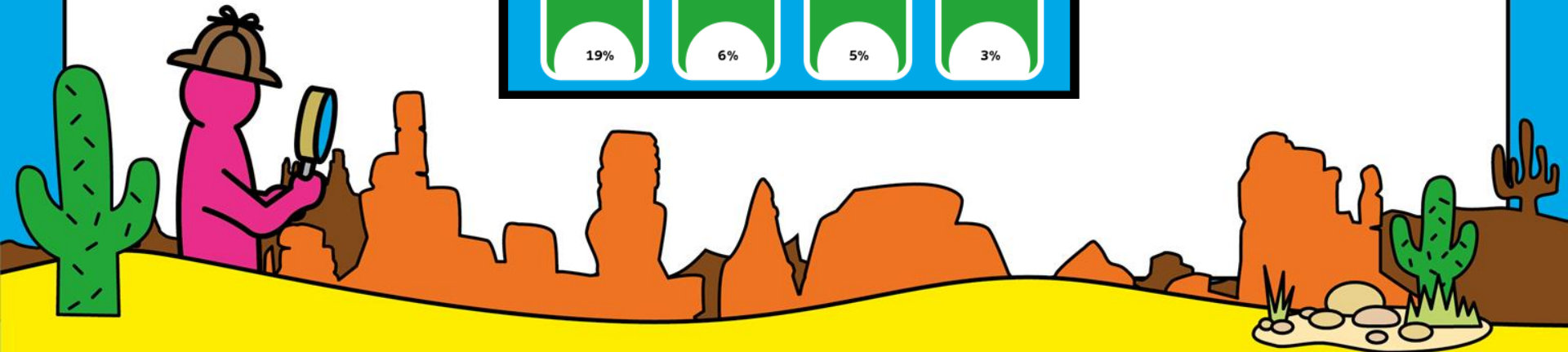
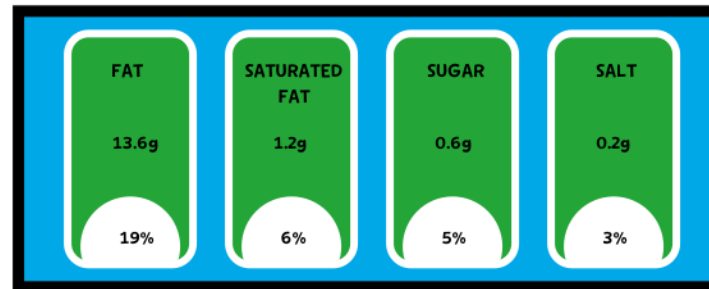
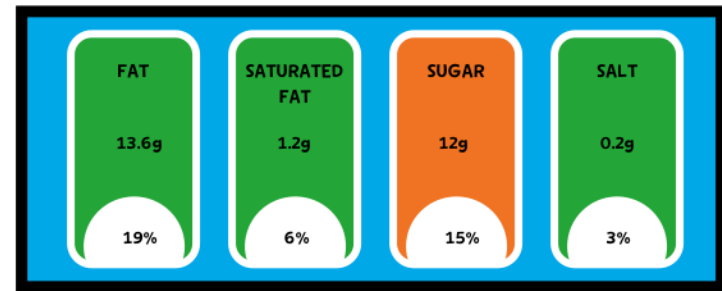
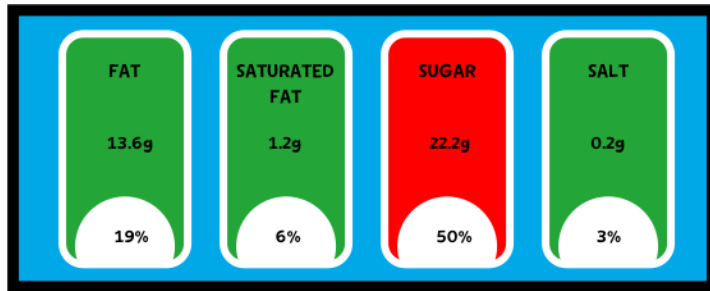


Higher-sugar
milkshake

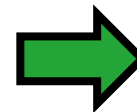
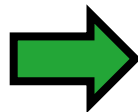
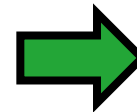
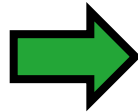
Don't worry – there are everyday swaps we can all make!



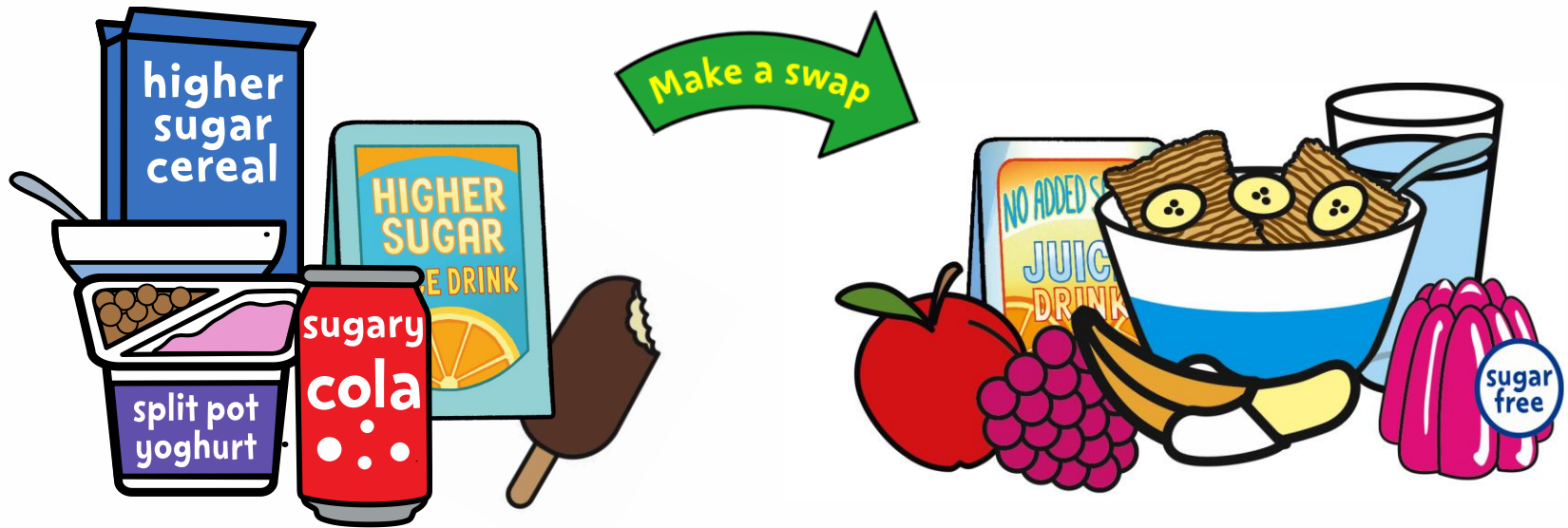
Read the 'traffic light' labels to help you make a sugar swap



Can you make a swap?



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



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

Finn the
Farmer



Shanice the
Sheriff



Margo the
Mayor



Rocky the
Ranger



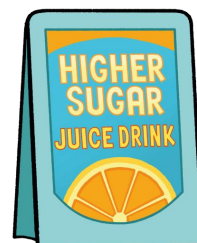
Persuade the people of Sugar Smart World to get swapping!

You need to convince your fellow citizens that:

- they shouldn't have too much sugar
- they can easily find out how much sugar is in their food and drink
- they can make lots of tasty, everyday sugar swaps!

Remember to give swap examples!

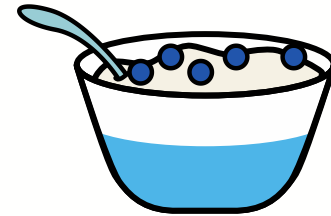
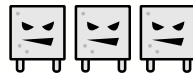
Example:



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?

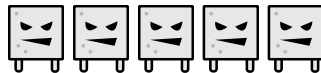


Tinned fruit salad

or



Sugar free jelly

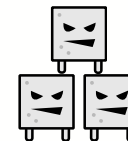


Can you make a swap?

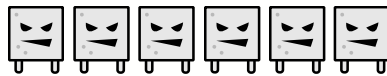


Plain natural yoghurt
with sliced banana

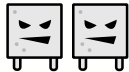
or



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?

