Can you help the citizens of Sugar Smart World?

1 = 4 grams of sugar

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

HIGHER SUGAR CEREAL

The number of sugar cubes in a box is the same as $335 \div 5$.

☐ sugar cubes

cola

The number of sugar cubes in a bottle is the same as $42.99 + 12.01$.

☐ sugar cubes

Lower Sugar YOGHURT

The number of sugar cubes in a pot is the same as 0.25×12.

☐ sugar cubes

SWEETS

The number of sugar cubes in a bag is the same as $3^2 \times 2 - (15 - 2)$.

☐ sugar cubes

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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
higher sugar cereal	sugary cola
Yoghurts	**Puddings**
split pot yoghurt	pudding pot

Can you help her work out the citizen's total:

☐ a) Sugar cubes consumed in January?

☐ b) Kilograms of sugar consumed in January?

Challenge

More than 20% of the citizen's sugar intake comes from sugary drinks. True or false? Prove it.

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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 6 answer sheet

1 = 4 grams of sugar

The number of sugar cubes in a box is the same as $335 \div 5$.

67 sugar cubes

The number of sugar cubes in a bottle is the same as $42.99 + 12.01$.

55 sugar cubes

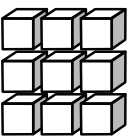The number of sugar cubes in a pot is the same as 0.25×12.
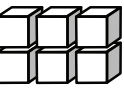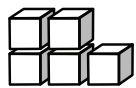
3 sugar cubes

The number of sugar cubes in a bag is the same as $3^2 \times 2 - (15 - 2)$.

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
higher sugar cereal	sugary cola
Yoghurts	**Puddings**
split pot yoghurt	pudding pot

Can you help her work out the citizen's total:

713 a) Sugar cubes consumed in January?

2.852kg b) Kilograms of sugar consumed in January?

Challenge

True. Pupils might prove this using fractions (e.g. comparing 9/23 and 1/5) or percentages.

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