



GET ACTIVE



15 MINUTES



PREPARATION
NEEDED

HOW MUCH SUGAR?

PART OF THE FITNESS & HEALTH THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Explore how much sugar is in some of our favourite snacks and treats. Are we eating more sugar that we should be?

Print out the 'How much sugar?' activity sheet. Lay out the cards on a table in a random order. Challenge the group to order the items from the most amount of sugar to the least.

Go through each item and ask the group to guess how much sugar is in the food / drink. Reveal the answer and adjust the order of the items if needed. How does this compare to the maximum 24g of sugar (6 cubes) that a 7-10 year old should consume? Were any surprising? How many are above the daily recommend sugar limit?

Reducing the amount of sugar we eat is good for our bodies and also our teeth. Challenge the group to monitor the amount of sugar they eat over the following week. Can they go a whole week without exceeding the 24g limit?

For more information about sugar and how to eat healthier, visit - www.nhs.uk/change4life/food-facts/sugar

Virtual Session: Have the cards printed and visible over Zoom. Rearrange the cards as per the group's instructions.



WHAT YOU'LL NEED

- 'How much Sugar?' Activity Sheet



KEEPING EVERYONE SAFE

Ideally only one person should touch the printed cards to help reduce the risk of infection spread. Maintain social distancing as required.

HOW MUCH SUGAR?



HOW MUCH SUGAR?

Answers - Most to Least Sugar Order

Packet of Squashies - 160g per packet (175g)

Strawberry Milkshake - 38.4g per 400ml bottle

Can of Coke - 35g per can (330ml)

Standard Yorkie Bar - 26.9g per bar (46g)

4 Jaffa Cakes - 25.6g in 4 Jaffa Cakes (6.4g per biscuit)

Calippo - 20g per 105g Lolly

Jam Doughnut - 16.2g per doughnut

Porridge Pot (with Golden Syrup) - 16g per pot

Coco Pops - 10g in a 60g bowl of cereal

Discussion Questions

How many items exceeded a child's maximum daily sugar limit of 24g?

How easy is it to eat more than 4 jaffa cakes? Yet eating the 4th biscuit takes you over your maximum daily limit. Who's guilty of eating a whole pack in one go?

Which had more sugar in it? A can of coke or a bottle of milkshake? Did it surprise you?

Who has eaten a bag of Squashies before? Did you know a packet contains over 6 and a half days worth of your recommended sugar intake. That's a lot!

Who thinks they are already over their sugar intake limit today? What sugar / snacks have people eaten so far today?