



# How Sugar Smart are you?



**Assembly 1**

# Sugar facts

- Sugar comes from plants
- Sugar dissolves in liquid
- Sugar gives our bodies energy
- Sugar is found in lots of foods and drink
- Often it is added to foods and drinks to make them taste sweeter



# What is **natural sugar**?



# What is added sugar?



**How many grams of sugar in  
a teaspoon?**

**4 grams**



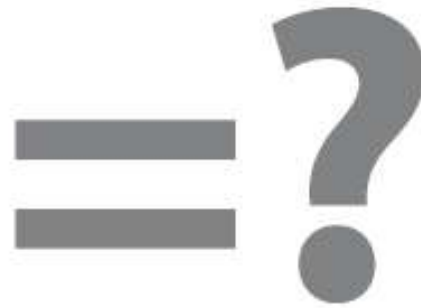
**How many teaspoons of sugar a day  
can we have as part of a healthy  
diet?**



# How can too much added sugar affect our health?



How many teaspoons of  
sugar in a **can of Coke?**





# 9 teaspoons of sugar in a can of Coke

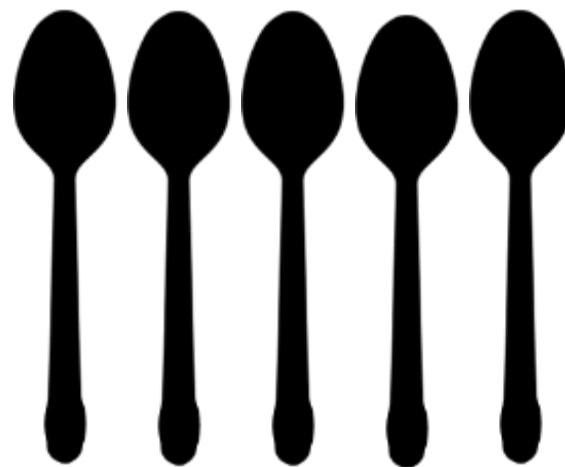


# How many teaspoons of sugar in a **Capri Sun orange**



= ?

# 5 teaspoons of sugar in a Capri Sun Orange

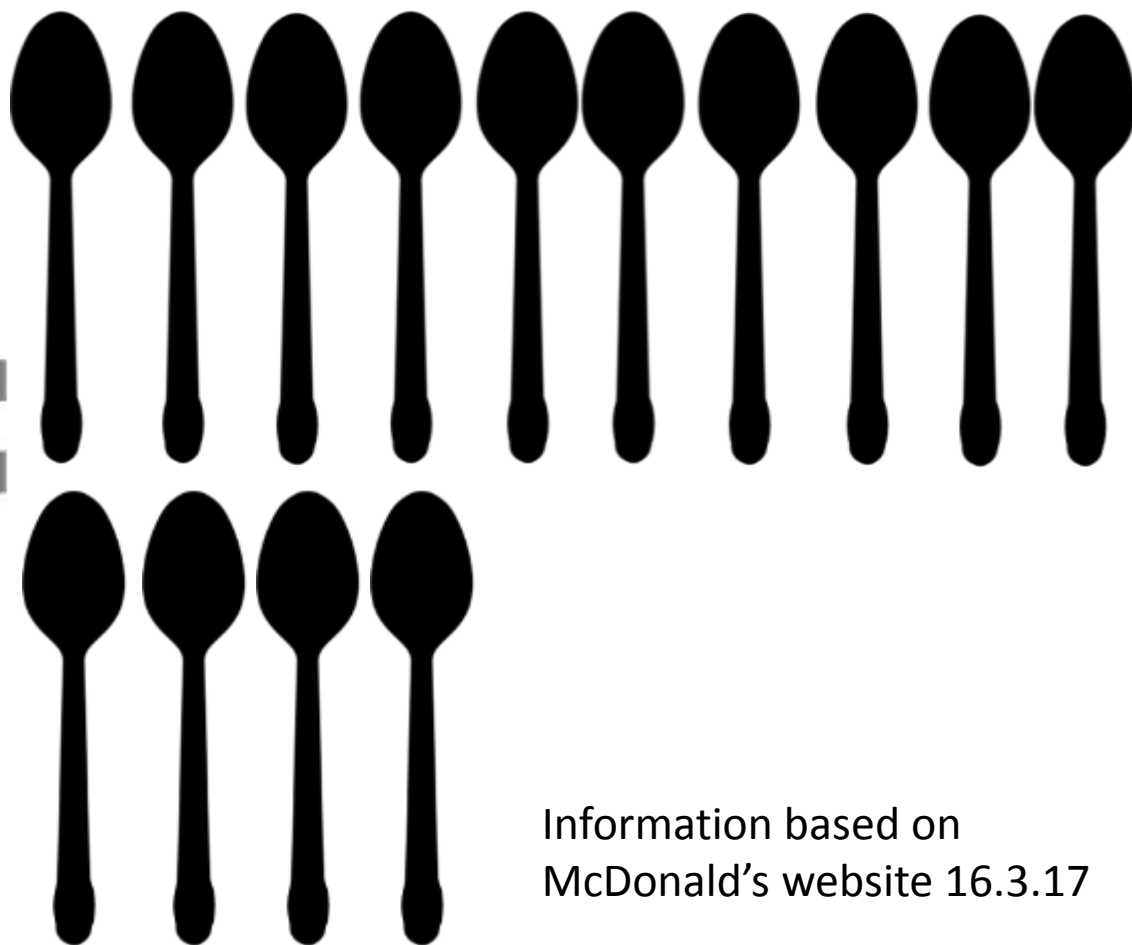


How many teaspoons of sugar  
in a **McDonald's medium size  
Strawberry Milkshake?**



= ?

# 14 teaspoons of sugar in a McDonald's medium Strawberry Thickshake



Information based on  
McDonald's website 16.3.17

# How sugar can add up across the day?

**Breakfast**



**Snack**



**Lunch**



**Dinner**



**Snack**



Breakfast



2\* teaspoons

Snack



3\* teaspoons

Lunch



3\* teaspoons



6\* teaspoons



6\* teaspoons

**24 teaspoons  
of added sugar**

Dinner



2\* teaspoons

Snack



2\* teaspoons



# Swap Ideas





# Eatwell Guide

## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

|                             |             |                   |               |              |
|-----------------------------|-------------|-------------------|---------------|--------------|
| Energy<br>1046kJ<br>250kcal | Fat<br>3.0g | Saturated<br>1.3g | Sugars<br>34g | Salt<br>0.9g |
|                             | LOW         | LOW               | HIGH          | MED          |
| 13%                         | 4%          | 7%                | 38%           | 15%          |

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# **Sugar Smart Schools in B&NES**

Bath and North East Somerset Council are encouraging all schools to pledge to become Sugar Smart.

Our school wants to be Sugar Smart so what have we said we will do?

# Our School Sugar Smart Actions

## Our school will:

- **Create a sugar smart display** – this will show the amount of sugar hidden in familiar food and drink items and include a space for families to add their own Sugar Smart pledges
- **Deliver two Sugar Smart Assemblies** – our next Sugar Smart assembly will be in the next 2 terms

## Our school has also chosen to:

- **Get children Sugar Creative:** We will be asking our E team/School council to have a debate on sugar also maybe working with some pupils to make a short presentation. We will then share this online with our families to help encourage everyone to be Sugar Smart. Let your teacher know if you have any other ideas!
- **Promote Sugar Smart packed lunches:** We will be promoting Sugar Smart packed lunches – encouraging families to swap to foods lower in added sugar and increase the number of portions of fruits and vegetables.

# Our Schools Plans:

- Look at school dinner menus
- Think about PTA events and fundraising
- Think about alternatives to sweets on birthdays
- Have discussions in class about how we can promote being 'Sugar Smart'

