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

2* teaspoons

Snack

3* teaspoons

Lunch

3* teaspoons

Dinner

2* teaspoons

Snack

2* teaspoons

24 teaspoons of added sugar

6* teaspoons

6* teaspoons

6* teaspoons
Swap Ideas

- Coco pops
- Porridge with banana
- Kellogg's cornflakes
- Greek yogurt
- Blueberries
- Water or lemonade
- Strawberry yogurt flakes
- Vegetable sticks with dip
- Milk
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.

1. Choose a variety of foods, especially from the green and yellow groups.
2. Eat at least 5 portions of a variety of fruit and vegetables every day.
3. Choose wholegrain or higher fibre varieties with less added fat, salt, and sugar.
5. Use a healthy balance of free sugars.
6. Choose lower fat and lower sugar options.
7. Use no more than 6g of fat a day.
8. Cut down on your intake of processed meats.
9. Cut down on your intake of foods high in saturated fat, sugar, and salt.
10. Cut down on your intake of alcohol.

Water, lower fat milks, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.
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’