

NAME:

CLASS:



THE SWEET TOOTH TRUTH



Sweet tooth means:.....

1) What is a balanced diet?

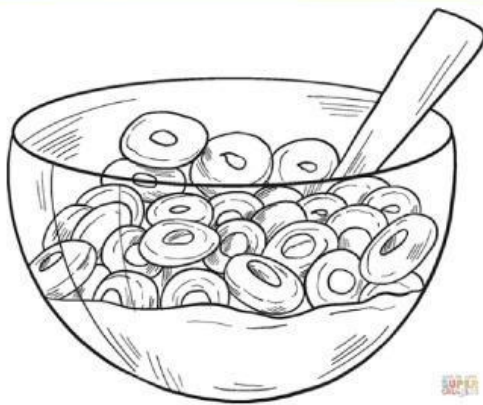
☐ eat only vegetables and fruit.

☐ eat only meat.

☐ eat some kinds of food.

☐ eat different kinds of food, in the right amounts.

2) What does a bowl of cereal contain?



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.....

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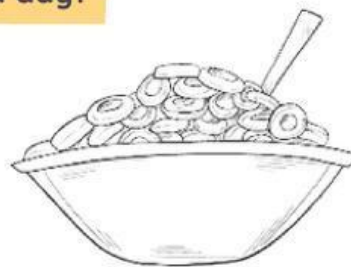
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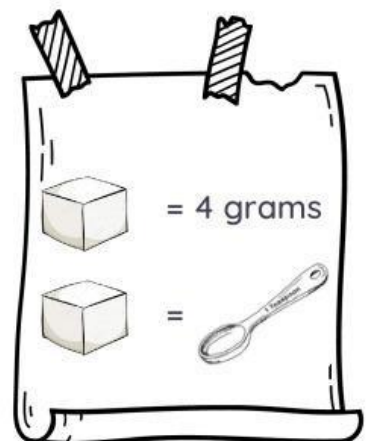
3) How much sugar do we need a day?



We need no more than
..... cubes of sugar a
day (for 7 to 10 years old)



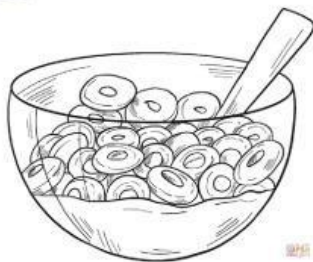
A bowl of sugar contains
more than.....cubes of
sugar.



4) Sources of sugar

Our energy levels drop quickly

We find it difficult to think



sugar in cereal

We feel sleepy, moody and unhappy

Our energy lasts longer

We don't feel tired or sleepy

Our levels of sugar go up very high and quickly

We find it easy to concentrate

Our levels of sugar rise slowly



sugar in vegetables and fruit

5) What happens when we eat too much sugar?

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6) What should we do?

Wereduce foods and drinks with added sugar.

Wedrink too many fizzy drinks. We.....drink water or no-added sugar drinks.

Weeat too much ice cream. We.....try sugar-free jelly.

CAN YOU CHANGE YOUR SWEET TOOTH?