

NAME: _____

CLASS: _____



THE SWEET TOOTH TRUTH

Sweet tooth means:.....

1) What is a balanced diet?

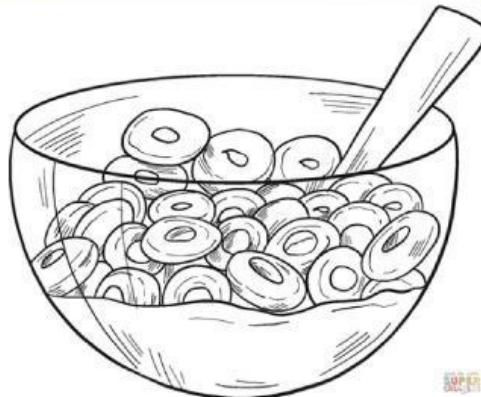
eat only vegetables and fruit.

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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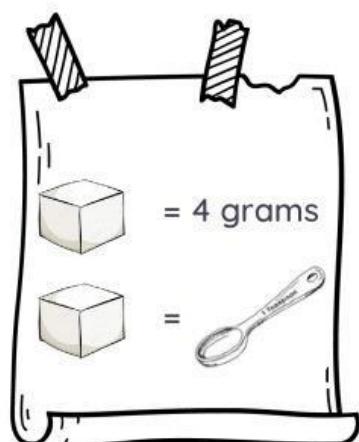
3) How much sugar do we need a day?



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 feel sleepy, moody and unhappy

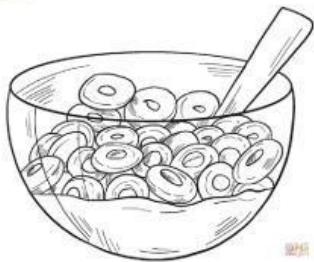
We find it difficult to think

Our energy lasts longer

We find it easy to concentrate

We don't feel tired or sleepy

Our levels of sugar rise slowly



sugar in cereal



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. Wedrink water or **no-added sugar** drinks.

Weeat too much ice cream. Wetry **sugar-free** jelly.

CAN YOU CHANGE YOUR SWEET TOOTH?