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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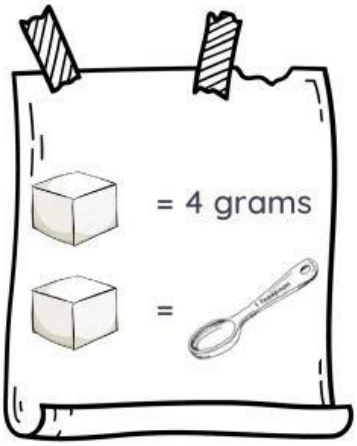
3) How much sugar do we need a day?



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.



LIVEWORKSHEETS

4) Sources of sugar

We feel sleepy, moody and unhappy

We find it easy to concentrate

Our energy levels drop quickly

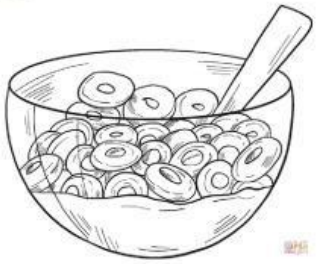
Our energy lasts longer

Our levels of sugar rise slowly

We find it difficult to think

We don't feel tired or sleepy

Our levels of sugar go up very high and quickly



sugar in cereal



sugar in vegetables and fruit

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5) What happens when we eat too much sugar?

- .....
- .....
- .....
- .....





6) What should we do?

We .....reduce foods and drinks with **added sugar**.

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

We .....eat too much ice cream. We.....try **sugar-free** jelly.

CAN YOU CHANGE YOUR SWEET TOOTH?

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