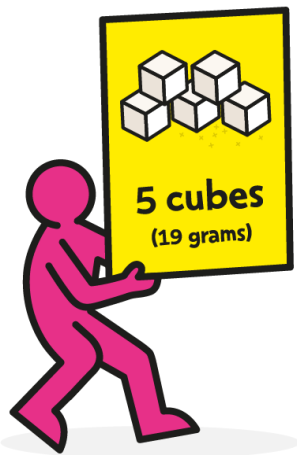
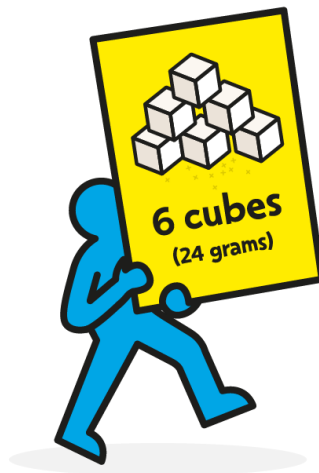


Week 3– Sugar and Fat Swaps

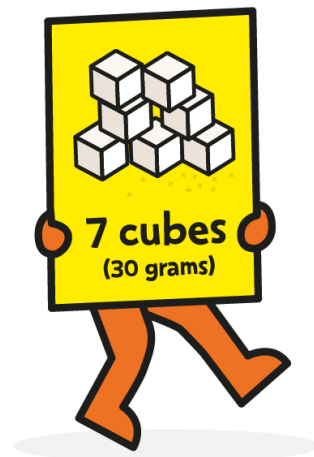
Q1. Can you match the maximum daily amounts of sugar with the correct ages?



11+ Years

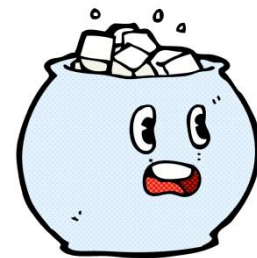


4 to 6 Years



7 to 10 years

Q2. Why is too much sugar bad for us?



Q3. Can you guess which of these foods has the highest amount of sugar? (please circle)

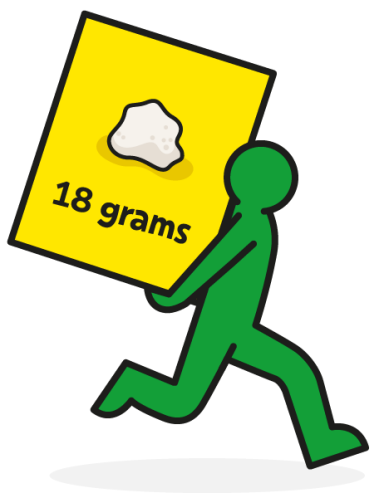


A bowl of Kellogg's
Coco Pops cereal
(reduced sugar)

Muller Corner yogurt

2 Chocolate
Digestive biscuits

Q4. Can you match the maximum daily amount of saturated fat to the correct ages?



7-11 years



11+ Years



4-6 years

Q5. Can you find and list 2 types of food high in saturated fat? (use the traffic light system on food packaging to help)

- 1.
- 2.



↑
Look for a red circle like this for saturated fat

Q6. Now can you find and list 5 different foods that are low in saturated fat?

- 1.
- 2.
- 3.
- 4.
- 5.

Q7. How many times a day should you brush your teeth?



Q8. How long should you brush your teeth for each time?



Q9. Why is it important for look after our teeth?



Q10. Download the free, change4life food scanner app and scan 5 different food and right below what you find!!

Food scanned	What did you find? (was it high or low in fat, sugar, salt?)