

Sugar Smart Challenge Chart

Work your way around by colouring in each star as you complete a Sugar Smart Challenge each day

- I made a Sugar Smart swap
- I made a Sugar Smart swap
- I had a low sugar breakfast
- I only drank water and milk today
- I had a low sugar breakfast
- I brushed my teeth twice today
- I only drank water and milk today
- We tried a new recipe
- I tried a new fruit
- I tried a new vegetable
- We went for a walk today
- I ate 2 fruits or vegetables today

Congratulations you have completed the Sugar Smart Challenge!



1. Stick me on the wall or fridge
2. Try a new challenge every day
3. Complete all the steps, take me to nursery and get a sticker and certificate!

