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|  | SUGAR SMART Kensington & Chelsea Know Your Labels quiz   Remember: more than 22.5g of total sugars per 100g is high, less than 5g of total sugar per 100g is low, and between 5g and 22.5 is medium!  **CEREAL**  Use the label on the right and the guide above to answer the following questions.  **1.** How many grams of sugar are in 100g of this breakfast cereal?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **2.** How much sugar is in a single serving including ½ cup of reduced fat milk?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **3.** Is this a high, medium or low sugar product? (circle your answer)  High  Medium  Low  **4.** If a five year old boy had a bowl of this cereal for his breakfast, how many more grams of sugar can he eat to stay within his daily recommended amount?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **5.** Can you think of three SUGAR SMART breakfast options?  i. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  ii. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **SMOOTHIE**  Use the label on the right and the guide at the start to answer the following questions.  1. How many grams of sugar are contained in the whole 250ml bottle? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. How many sugar cubes is that? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. If a five year old girl drank the whole drink would they be above or below their daily recommended amount of sugar? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4. Can you think of three SUGAR SMART drinks she could have instead?  i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  ii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    **CAKE**  Use the label on the page overleaf and the guide at the start to answer the following questions.  1. How many different types of sugar are in this product?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. List the forms of sugar below:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. How many cubes of sugar are in a portion of this cake?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4. Is this a high, medium or low sugar product? (circle your answer)  High  Medium  Low  5. If a ten year old girl had a portion of this cake how many more grams of sugar could she have to stay within her daily recommended amount?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6. Can you think of three SUGAR SMART snack options she could have instead of cake?  i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  ii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   SUGAR SMART Kensington & Chelsea Know Your Labels answer key **CAKE**  1. 36.5g  2. 18g  3. High  4. 1g  5. See Change4Life Sugar Smart Breakfast Recipes and Jamie Oliver’s Healthy Breakfast ideas for more inspiration:  <https://www.nhs.uk/change4life/recipes#c5dJ5vLMLzuc3rr3.97>  <https://www.jamieoliver.com/recipes/category/course/healthy-breakfast-ideas/>  **SMOOTHIE**  1. 26g  2. 6.5  3. Above  4. Healthier drinks include water, milk and water flavoured with a small amount of juice. You can also make smoothies with fruit and plain yoghurt or milk. See Change4Life Be Sugar Smart swap tips for more inspiration:  <https://www.nhs.uk/change4life/food-facts/sugar#qDvtzrF4SYAvUABr.97>  **CAKE TIME**  1. 3  2. Sugar, glucose syrup, honey  3. High  4. 9.6  5. See Change4Life Sugar Smart Healthier Snacks recipes and Jamie Oliver’s Healthy Snack ideas for more inspiration:  <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/fruit-and-veg-snacks>  <https://www.jamieoliver.com/recipes/category/course/healthy-snack-ideas/> |  |