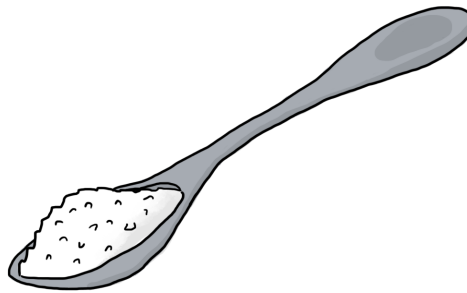


## HOW MUCH SUGAR

We can keep our bodies hydrated by drinking enough each day, however, drinking too much of the wrong drinks can make us poorly and even dehydrated!

Lots of our favourite drinks contain sugar. See if you can match the drinks to the amount of sugar that's in them.



Tip: 1 teaspoon of sugar = 4 grams



Coca Cola



Tap Water



Fruit Drink



Energy Drink



Fizzy Drink

2.2g

35g

43.6g

34.7g

0g

Teach your friends and family about how much sugar is in different drinks by playing the games on the next page!

## HOW MUCH SUGAR

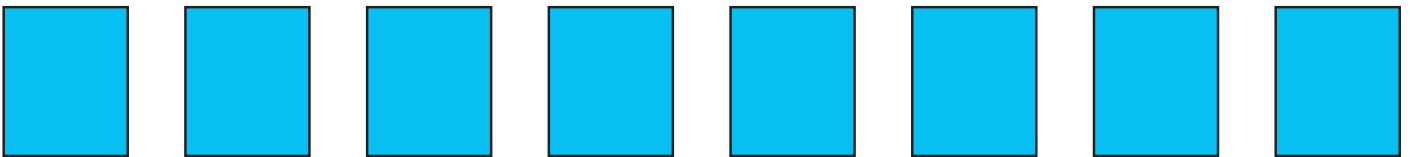
Test your family and friends to see if they know how much sugar is in popular drinks!

Print and cut out the drinks sheets on the next few pages. If you don't have a printer you could make your own cards!

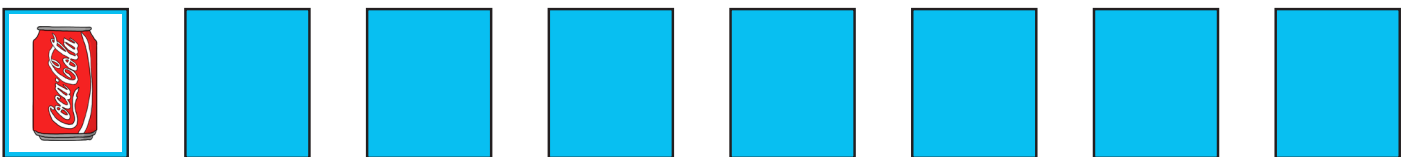
### HIGHER OR LOWER?

#### How to play:

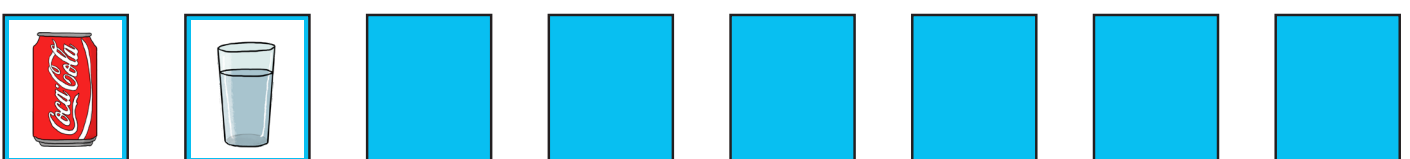
1. One volunteer is the host of the game, they line up all the picture cards faced down



2. The host turns over the first card and then the audience guesses how much sugar? The player who gives the correct or closest answer gets to play the game *(you can skip this bit if you have one player.)*



3. Turn the next card over and ask the player if they think the drink has a higher or lower amount of sugar than the previous drink. Keep going along the line guessing higher or lower until they get the answer wrong.



4. Reshuffle the cards and play again with the next player! The winner is the person who gets the most higher and lower guesses right!

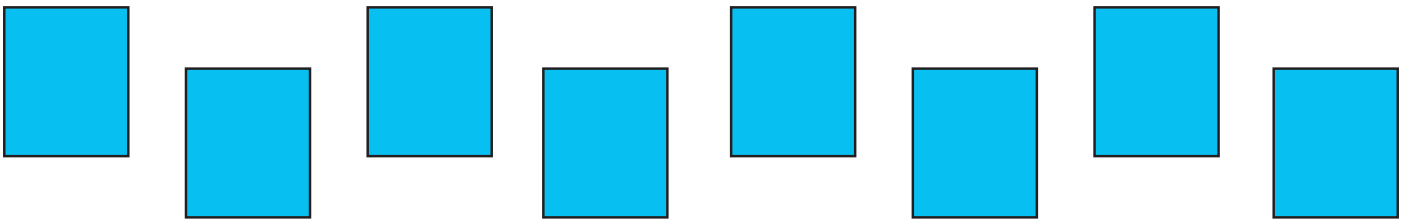
## HOW MUCH SUGAR

### MATCHING PAIRS

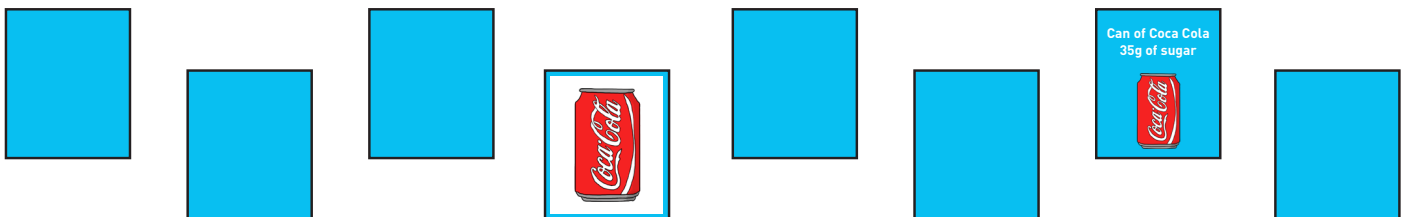
#### How to play:

You can play matching pair with the cards, turn them all over so the pictures and writing are faced down. Put out into a space and see if they can match the picture to the sugar.

1. Turn over all the cards so you can't see what's on them and scatter them on the table.



2. Take it in turns to turn over 2 cards and try to match the amount of sugar with the drink eg. Can of coke = 35G



3. The winner is the player with the most pairs at the end!

*When you've played both games have a chat with the players about how much sugar is in each drink.*

Were they shocked? Did they know how much sugar was in the drinks before playing?

Hopefully the activities will make them realise how much sugar is in different drinks and encourage them to make the right choice when it comes to quenching their thirst in the future!

## HOW MUCH SUGAR



Can of Coca Cola  
35g of sugar



Glass of Tap Water  
0g of sugar



Fruit Shoot  
2.2g of sugar



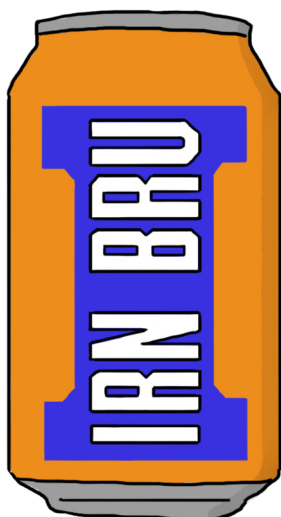
## HOW MUCH SUGAR



Red Bull  
27.5g of sugar



Ribena  
30g of sugar



Irn Bru  
34.7g of sugar



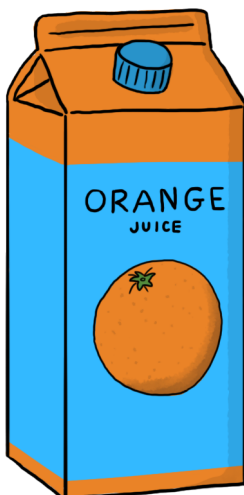
## HOW MUCH SUGAR



Lucozade  
43.6g of sugar



Friji milkshake  
46g of sugar



Orange juice carton  
20.8g of sugar

