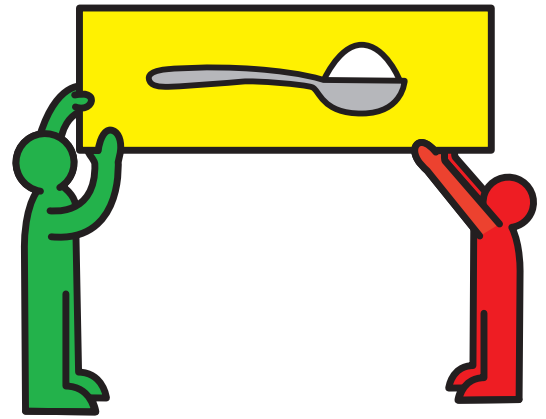


Sugar ranking cards



Below you will find a selection of nine different types of food and drink.

Your task is to rank them in order from those which contain the least amount of sugar to the most amount of sugar. So you can compare them we have listed how much sugar is in a portion of each item.



Chocolate biscuit



Can of cola



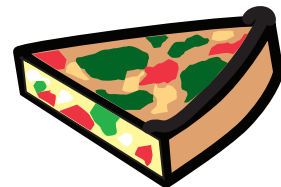
Sugary cereal (without milk)



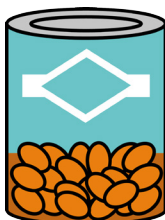
Packet of ready salted crisps



150ml glass of orange juice



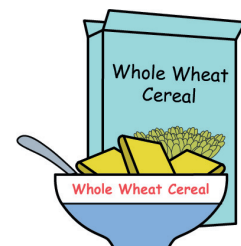
Slice of pizza



Half a can of baked beans

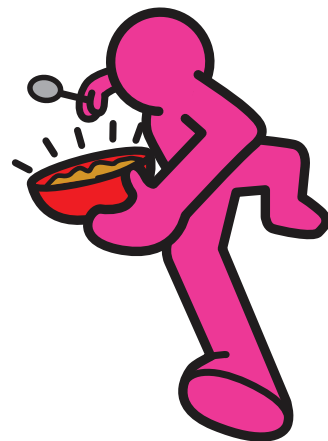


45g of salted peanuts



Wheat biscuit cereal (without milk)

Sugar ranking cards



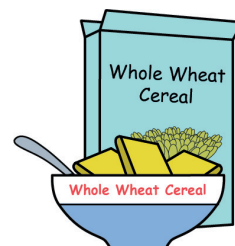
Packet of ready salted crisps

0.1 sugar cubes (0.3g)



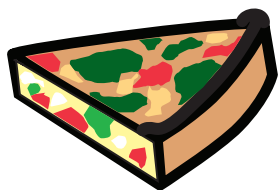
45g of salted peanuts

0.3 sugar cubes (1.3g)



Wheat biscuit cereal
(without milk)

0.4 sugar cubes (1.7g)



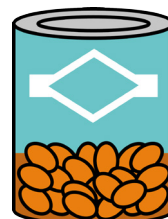
Slice of pizza

0.5 sugar cube (1.9g)



Chocolate biscuit

1.5 sugar cubes (6.2g)



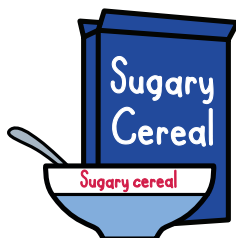
Half a can of baked beans

2.4 sugar cubes (9.8g)



150ml glass of orange juice

2.5 sugar cubes (10g)



Sugary cereal (without milk)

2.8 sugar cubes (11.3g)



Can of cola

8.7 sugar cubes (25.5g)

Lola's sugar swap week!



This is what Lola had to drink this week.

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
<ul style="list-style-type: none"> Glass of milk 5 glasses of water Can of cola 	<ul style="list-style-type: none"> Bottle of apple juice 3 glasses of water Can of lemonade 	<ul style="list-style-type: none"> Bottle of strawberry milkshake 5 glasses of water 	<ul style="list-style-type: none"> 6 glasses of water Bottle of smoothie 	<ul style="list-style-type: none"> Glass of milk 4 glasses of water Bottle of apple juice

How many sugar cubes could she cut out by switching to water or milk? _ _ _ _ _

Use this table to help you:

	Number of sugar cubes
Can of cola	8.7
Can of lemonade	7.4
Apple juice (300ml bottle)	7.5

	Number of sugar cubes
Milkshake (470ml bottle)	11.5
Smoothie (360ml bottle)	9.9

Extension

How many sugary drinks do you drink in a typical week?

Use the Sugar Smart app to work out how much you could save by switching to water.

