



Plan your sugar swap poster!

Why shouldn't we have too much sugar?

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.....

Which colour on a label means something is not high in sugar? Colour the box.



Use this sheet to help you decide what to put on your poster!

Draw or write a swap.

Breakfast	Drinks
   <p>.....</p>	   <p>.....</p>
Yoghurts	Puddings
   <p>.....</p>	   <p>.....</p>



Porridge with berries



Wheat biscuit cereal



Plain natural yoghurt with fruit



Low fat, lower-sugar yoghurt



No added sugar juice drink



Lower-fat milk



Sugar free jelly



Fruit salad in juice

