

Cut Out Fizzy Drinks and Eat Healthier Snacks - Primary 6, Lesson Plan 2

On average, every person in the UK, including babies eats or drinks 1 Kilo of sugar every week. There are many different names for sugar including glucose, honey, sucrose, fructose, syrup, dextrose, treacle, invert sugar, hydrolysed starch, dextrose, maltose, fruit juices, raw sugar and lactose.

Looking at labels on food packaging will help you to find hidden sugars. The ingredients are listed with the biggest ingredient first. Sugar will be in the Carbohydrate 'of which sugars' food group.

There is approximately 5 grams of sugar in 1 teaspoon.

15 grams or more per 100 grams is a lot of sugar

5 grams or less per 100 grams is a little sugar

Remember **PLAQUE + SUGAR = ACID**

TEETH + ACID + TIME = DECAY

We need to avoid sugary foods and drinks between meals and choose healthy snacks. Saliva is most active at mealtimes and will wash away acids quicker, so limiting sugary foods and drinks to mealtimes will be less harmful to teeth.

Activity

Collect food packaging with hidden sugars and make collage.

Design a sugar quiz. Ask visitors to guess how many teaspoons of sugar in common snack foods/drinks.

Resources

Packaging of various food and drink items. Bag of sugar, teaspoon and clear plastic cups for measuring out sugar in demonstrations.

Supportive Materials:

Teeth TLC Posters & Postcards: '7 Steps to a Great Smile,' 'Keep Your Smile Healthy With Healthier Snacks' and 'Stamp Out Fizzy Drinks For A Great Smile.'