

How Much Sugar? – Master Copy

Type Of Food	Amount Of Sugar
Tube of Polo Mints	5
Jam Doughnut	3
Mars Bar (regular)	8 ½
Bottle of Milkshake (500mls)	10
Packet of Jelly	19
Chocolate Digestive	2
Carton of Ribena (250mls)	6
Can of Coke (300mls)	7
Bowl of Sugar Puffs	4

Number of Teaspoons:

4	6	19	10	8 1/2	3	7	5	2
---	---	----	----	-------	---	---	---	---

How Much Sugar?

Type Of Food	Amount Of Sugar
Tube of Polo Mints	
Jam Doughnut	
Mars Bar (regular)	
Bottle of Milkshake (500mls)	
Packet of Jelly	
Chocolate Digestive	
Carton of Ribena (250mls)	
Can of Coke (300mls)	
Bowl of Sugar Puffs	

Number of Teaspoons:

4	6	19	10	8 1/2	3	7	5	2
---	---	----	----	-------	---	---	---	---