

Supermarket Sugar Sweep

Name: _____

Scan the shelves and see if you can find out answers to the following questions! Don't forget to use the diagram overleaf and the Food Smart app to help!

1. Find two examples of high sugar breakfast cereals:

2. Find two examples of Sugar Smart breakfast cereals:

3. Find the tinned fruit.

How many grams of sugar per 100g is in tinned peach in fruit juice?

Is this product ... High Sugar Medium Sugar Sugar Smart

How many grams of sugar per 100g is in tinned peach in syrup?

Is this product ... High Sugar Medium Sugar Sugar Smart

4. Find the baked beans.

How many grams of sugar per 100g is in a tin of ordinary baked beans?

Is this product ... High Sugar Medium Sugar Sugar Smart

How many grams of sugar per 100g is in a tin of reduced sugar baked beans?

Is this product ... High Sugar Medium Sugar Sugar Smart

5. Go to the drinks aisle

What is the most sugary drink you can find? How many grams per (100 ml) does it contain?

SUGAR SMART

6. Find the sugar aisle

Name two countries where sugar is produced

Find a packet of sugar with a Fairtrade label on it. How is Fairtrade sugar different to ordinary sugar?

7. Find three Sugar Smart snacks:

i. _____

ii. _____

iii. _____

8. Find an example of a Sugar Smart yogurt _____

and a yogurt that is not Sugar Smart _____

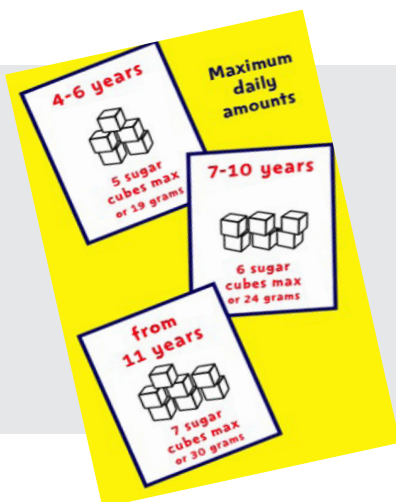
9. Think about the different products you have been looking at. Can you spot two differences between the way sugary and less sugary products look?

10. Can you think of three ways the supermarket could help customers make Sugar Smart choices?

i. _____

ii. _____

iii. _____



More than 22.5g total sugar per 100g = High sugar

Less than 5g total sugar per 100g = Low sugar