

SUGAR SMART

SUGAR SMART ASSEMBLY



THERE ARE LOTS OF DIFFERENT FOOD TYPES

**SUGAR
SMART**



FRUIT & VEGETABLES



PROTEINS



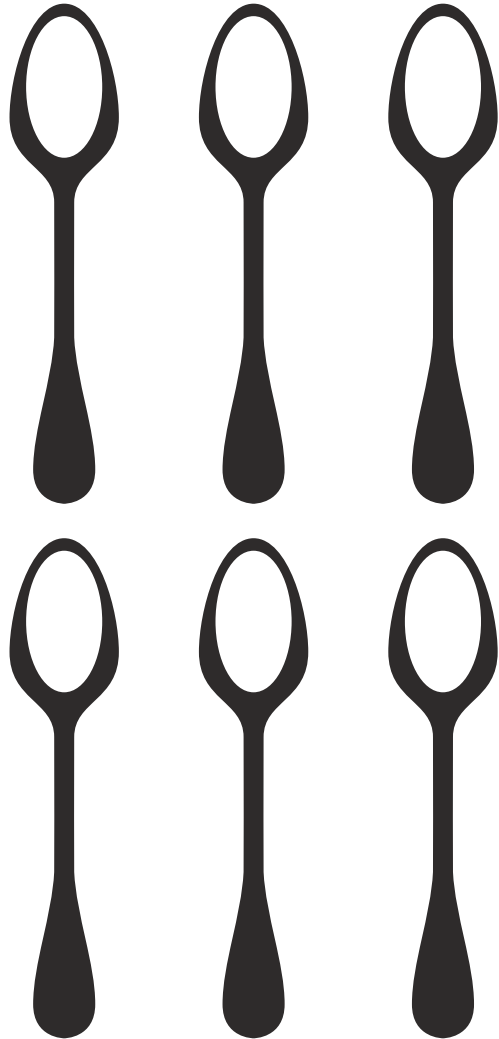
CARBOHYDRATES

FOODS WITH SUGAR

**SUGAR
SMART**



HOW MUCH SUGAR SHOULD WE EAT?



WE NEED TO BE...

**SUGAR
SMART**

**SUGAR
SMART**

FOOD AND DRINK HIGH IN SUGAR

**SUGAR
SMART**



FOOD AND DRINK HIGH IN SUGAR

**SUGAR
SMART**



FOOD AND DRINK HIGH IN SUGAR

**SUGAR
SMART**



FOOD AND DRINK HIGH IN SUGAR

**SUGAR
SMART**



HIDDEN SUGARS



**SUGAR
SMART**

SUGAR SMART QUIZ

WHICH HAS MORE SUGAR?

SUGAR
SMART



WHICH HAS MORE SUGAR?

**SUGAR
SMART**



5 TEASPOONS



9 TEASPOONS

WHICH HAS MORE SUGAR?

**SUGAR
SMART**



WHICH HAS MORE SUGAR?

**SUGAR
SMART**



3 TEASPOONS



4.25 TEASPOONS

WHICH HAS MORE SUGAR?

**SUGAR
SMART**



WHICH HAS MORE SUGAR?

**SUGAR
SMART**



LESS THAN 1 TEASPOON



5 TEASPOONS

**SUGAR
SMART**

CONGRATULATIONS!

**SUGAR
SMART**

IT'S TIME FOR... THE CHALLENGE!

SWOP THE POP

**SUGAR
SMART**

GIVE UP SUGARY DRINKS FOR A WEEK AND SWOP TO WATER AND MILK?

ADVANTAGES:

**HEALTHIER TEETH
MORE ENERGY
BETTER CONCENTRATION
WATER IS FREE
LESS SUGAR**

