

Dear parent or guardian,

Re: Sheffield is sweet enough – Sugar Detectives

Too much sugar is becoming a growing problem in our community, with record numbers of children requiring tooth extractions, due to rotten teeth, or starting school overweight or very overweight. Sheffield City Council is running a campaign to help families cut down on sugar and our school is supporting it.

This term, the children will become ‘Sugar Detectives’ in school to learn all about sugar in everyday food and drinks including the different types of sugar, how much is too much, reading labels and how to make healthy sugar swaps.

As part of their homework, we are asking children to “identify the suspects in their cupboard.”

- Children should select five items from home and write down the amount of sugar in grams (usually per 100g)
- If you have a smartphone, you can download the free Change4Life sugar smart app and write down the amount in teaspoons
- We would like children to identify which products are high sugar and which are low in sugar and then make some suggestions for healthy food swaps
- Children will receive a certificate for every completed piece of homework and will be presenting their findings in class assemblies, which you will be invited to attend.

We appreciate your support as we try to help your children understand more about the damaging effects of sugar. You can find ideas for healthy sugar swaps at www.sheffieldissweetenough.org

Kind regards,

Head Teacher