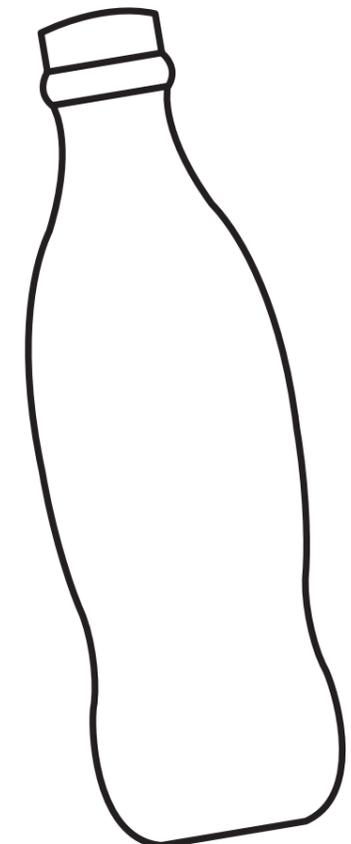
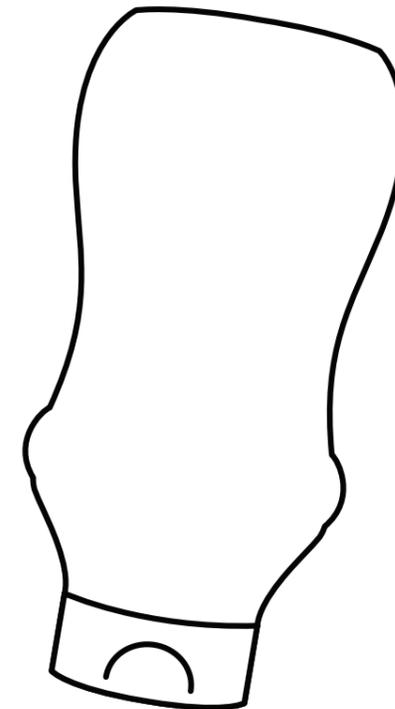
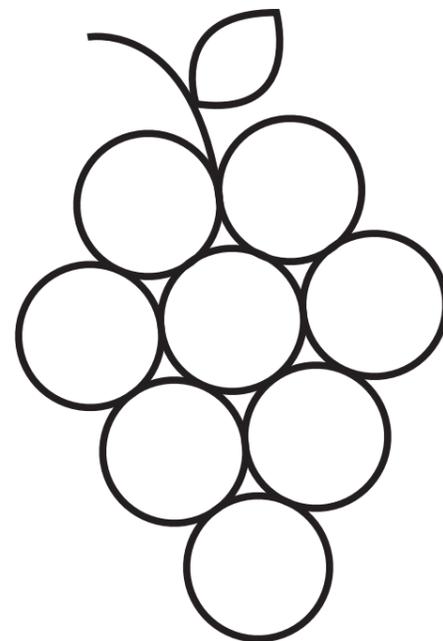
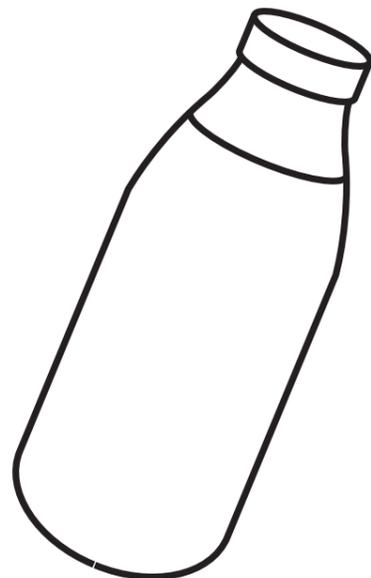
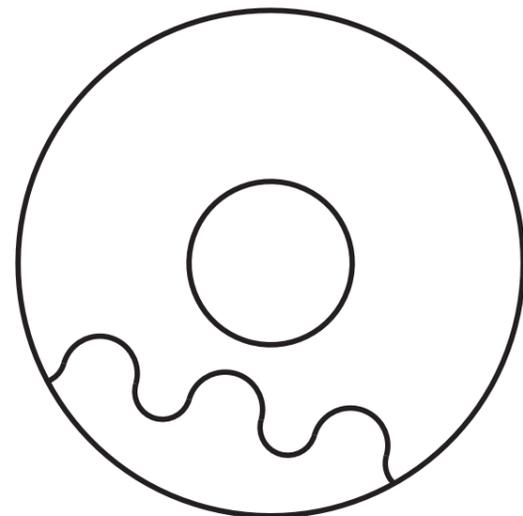
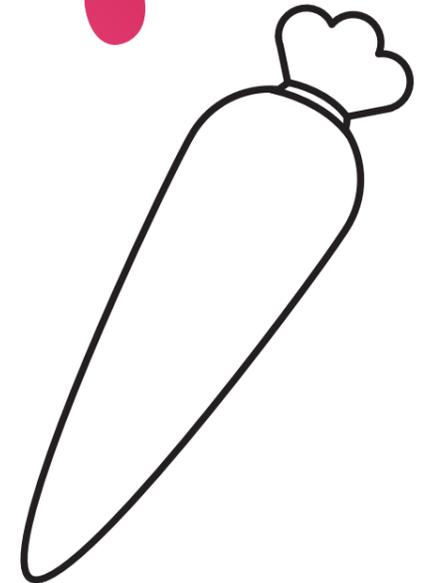
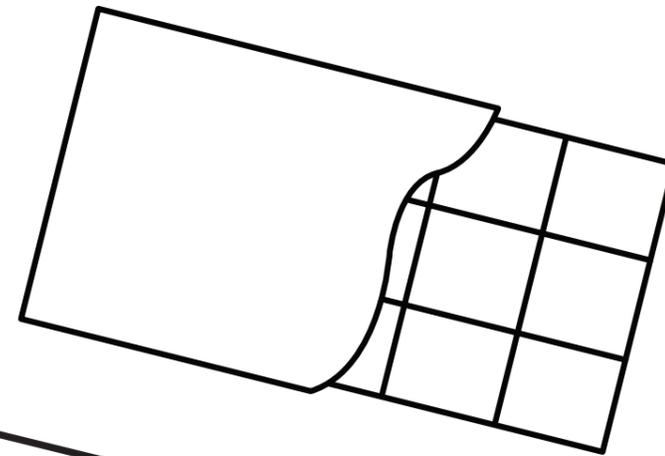
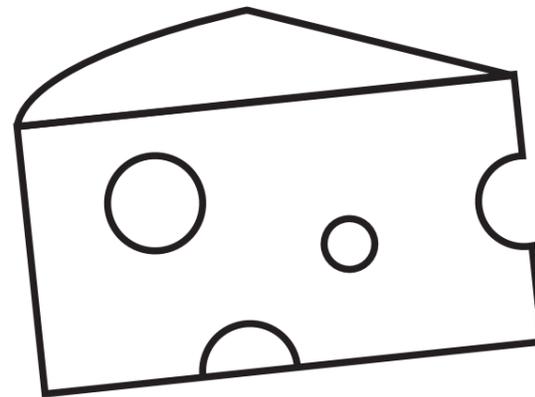


CATCH THE SUSPECTS!

Colour in the different products on the crime scene activity sheet and cut them out. If you don't have a printer, draw them on a piece of paper instead. Can you use your detective skills to sort them into two groups, the sugar 'heroes' and the sugar 'suspects'?



IDENTITY PARADE

Look at the different foods and drinks – ‘sugar heroes’ and ‘sugar suspects’ – you cut out earlier. Lay them out in order of best (low sugar) to worst (high sugar) on the identity parade.

13 TSP

12 TSP

11 TSP

10 TSP

9 TSP

8 TSP

7 TSP

6 TSP

5 TSP

4 TSP

3 TSP

2 TSP

1 TSP



SUGAR CONTENT
IN TEASPOONS

HEALTHY SUGAR SWAPS

Look at all of the food and drink items in front of you.

Which 'suspects' could be swapped with 'heroes' to make a healthier choice (where all traffic lights are green).

Write them next to each other on your worksheet. For example, you could swap cola with water. If you don't have a printer, simply write your own list on a piece of paper.



SWAP FOR



FIND THE SUSPECTS IN YOUR CUPBOARD

1. Make a list of five items in your cupboard or fridge.
2. Write down the amount of sugar they contain in grams or teaspoons (you can scan them with the Change4Life sugar smart app if your parent or guardian has a smartphone).

3. Tell us which item was a sugar hero (low sugar) and which was a sugar suspect (high sugar).
4. Make some suggestions for healthy sugar swaps.

If you don't have a printer, copy out these columns onto a piece of paper and make your own list.

Item	Sugar in grams/ no. of teaspoons	Sugar Hero or sugar suspect?	Healthy sugar swap
1.			
2.			
3.			
4.			
5.			