

**Message to teachers:**

This activity should take place after children have seen the Sheffield Sugar Detectives Assembly and/or taken part in the Sheffield Sugar Detectives lesson.

It is a great way for the children to consolidate their learning. Please select five children to deliver this presentation to their class or other year groups. They can use pictures from the worksheets and activity sheets or create their own.

## Sheffield Sugar Detectives Pupil Presentation

You've been chosen to share your learnings from the Sheffield Sugar Detectives Assembly. Use this script as a guide and feel free to get creative with your presentation!

### 1. Introduction

Pupil 1: This term, we became sugar detectives to find out about:

- Different types of sugar – sugar heroes and sugar suspects
- How much sugar is too much
- The amount of sugar in different food and drinks
- How to identify high sugar items
- Examples of healthy sugar swaps

### 2. Why is too much sugar bad for us?

Children stand up and say a line each:

- Pupil 1: Why is too much sugar bad for us?
- Pupil 2: We need to eat a balanced diet to stay healthy
- Pupil 3: Our bodies need a mix of five main food groups a day – carbohydrates, fruits and vegetables, protein, dairy and healthy fats
- Pupil 4: Sugar is a carbohydrate used by our body as energy
- Pupil 5: Too much added sugar causes our body to become unbalanced

### 3. Types of sugar

Pupils stand in two groups: sugar heroes and suspects. Optional superhero/suspects fancy dress.

**Pupil 1:** We learnt about different types of sugar

**Sugar hero pupil 1:** We are good sugars. The naturally occurring sugars found in whole, unprocessed foods. Children hold up pictures of fruit, vegetables, milk and cheese.

**Sugar suspect pupil 1:** We are bad sugars. The added sugars found in processed food and drink. Children hold up pictures of sweets, cakes, biscuits, pies.

**Sugar suspect pupil 2:** Sugar is lurking in all sorts of different food but is sometimes called other names, such as corn sugar, dextrose, fructose, glucose, honey, maple syrup, molasses and sucrose.

#### 4. How much sugar is too much?

Remaining in their groups, children hold up pictures of a baby, young child, older child and teenager with amounts.

**Pupil 1:** How much sugar is too much? We were surprised to learn that this is the maximum limit of added sugar children should have in one day:

**Pupil 2:** Babies and toddlers 0 grams or 0 teaspoons = no sugar at all

**Pupil 3:** Children aged 4-6 19g per day = 4.5 teaspoons

**Pupil 4:** Children aged 7-10 24g per day = 5.5 teaspoons

**Pupil 5:** Children aged 11+ and adults 30g per day = 7 teaspoons

#### 5. Worst suspects

Child holds up identity parade from the lesson with chocolate, sweets etc. stuck on.

**Pupil 1:** We found out these are some of the worst suspects for too much sugar

#### 6. Identify sugars

Remaining in their groups, children hold up some of the packets they brought in for the lesson and demonstrate where to find nutritional information.

**Pupil 1:** We found out that some products have a traffic light system to show you which foods contain high amounts of sugar, fat or salt. Green is low, Amber is medium, and Red is high.

**Pupil 2:** And all foods contain the amount of sugar on the back under 'carbohydrates (of which sugars)'.  
  
**Pupil 1:** We used our new skills to find out how much sugar there was in different products at home. A representative from the 'suspects' group walks forward with their picture and swaps it with someone from the 'heroes'.

#### 7. Healthy swaps

Pupils hold up examples of foods they found at home and the amounts of sugar they contain (considering amber and red traffic lights in other ingredients). Pupils in the 'sugar heroes' group should hold up mainly green items and pupils in the 'sugar suspects' groups mainly red items.

**Pupil 1:** We used our new skills to find out how much sugar there was in different products at home. A representative from the 'suspects' group walks forward with their picture and swaps it with someone from the 'heroes'.

**Pupil 2:** And how to make healthy swaps to reduce the amount of sugar we eat every day.

#### 8. Conclusion

We hope you've learnt some new things about sugar and ways to reduce the amount you eat.

Thank you for listening to our presentation.