

How much sugar?

Draw a line between each drink to the number of teaspoons of sugar you think it contains.



Energy drink



Sports drink



Chocolate
milk



Lemonade



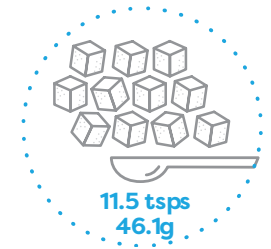
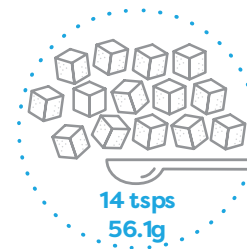
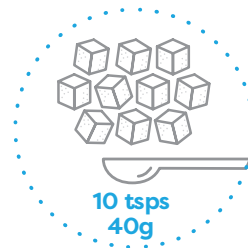
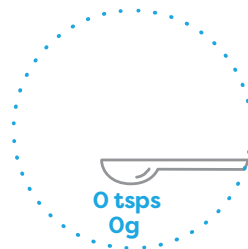
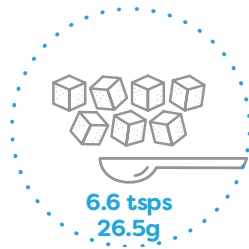
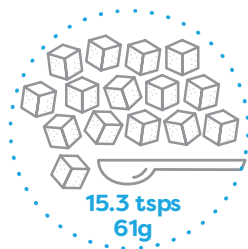
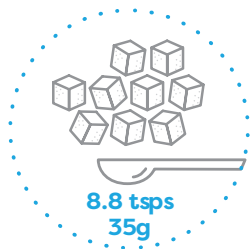
Cola



Fruit juice



Water



Questions

1. Which drink do you think has the most sugar?

A: _____

2. Which drink do you think is the healthiest for your body?

A: _____

How much sugar?



Energy drink

Sports drink

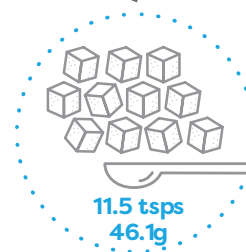
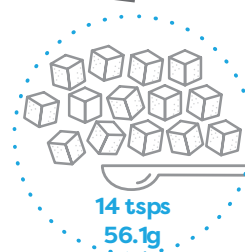
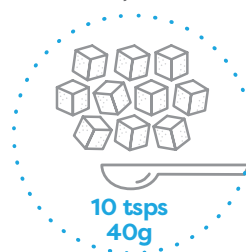
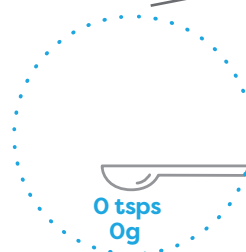
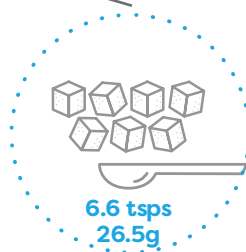
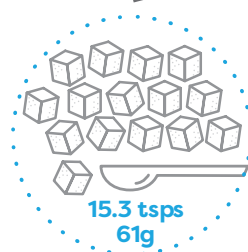
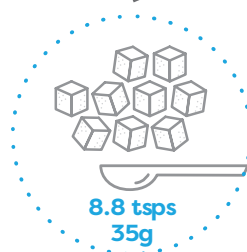
Chocolate
milk

Lemonade

Cola

Fruit juice

Water



Answers

- Of these, **lemonade** has the most sugar.
- Water** is the healthiest choice. Every other drink has more added sugar in it than children should consume in a day.

Notes:

- These figures are based on the average amounts of sugar generally found within these types of beverages. Sugar levels will vary by ingredients and brand. Apart from sugar, other things to consider are food colouring, acids, caffeine and artificial sweeteners.
- Recommendations on the upper limit of added sugar children should consume vary from 3 to 6 teaspoons (12.5-25g) per day (after the age of 2 years). In 2015 The World Health Organisation recommended that we should all limit added sugars to 5% of total energy intake. As children get older requirements change due to growth, gender, and increased physical activity. Source: <https://thatsugarmovement.com/whats-the-added-sugar-limit-for-kids/> viewed on 17 June 2020.