

How much do you know about sugar?

How many calories are in one teaspoon or cube (4g) of sugar?

- | | |
|-------------|-------------|
| 10 calories | 4 calories |
| 40 calories | 16 calories |

What's the maximum daily amount of sugar a 4 - 6 year old should have?

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|----------------|----------------|
| 10 cubes (39g) | 13 cubes (51g) |
| 2 cubes (7g) | 5 cubes (20g) |

What is the most common cause of hospital admission in 5 - 9 year olds?

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|-------------------|--------------|
| Tooth extractions | Broken bones |
| Cuts and grazes | Cold and flu |

The label of a cereal bar says it has 35g of sugar per 100g.

Is it high or low in sugar?

Which of these isn't a type of sugar?

- | | |
|---------|----------|
| Sucrose | Molasses |
| Gluten | Treacle |

When is the best time to eat dried fruits such as raisins?

During a meal or as a snack?

Which of the following are high sources of sugar in children's diets?



What can too much sugar do to a child's body?

- Cause tooth decay
- Create a build-up of harmful fat
- Develop type 2 diabetes
- Heart disease

A LITTLE TRIP TO THE DENTIST

Answers

How many calories are in one teaspoon or cube (4g) of sugar?

16 calories

What's the maximum daily amount of sugar a 4 - 6 year old should have?

5 cubes (19g)

6 cubes for 7 - 10s & 7 cubes for 11+

What is the most common cause of hospital admission in 5 - 9 year olds?

Tooth extractions

Every 10 minutes a child in England has a rotten tooth removed.

Anything with 22.5g or more of total sugar per 100g has high sugar content. If it has 5g or less per 100g, it's low.

Which of these isn't a type of sugar?

Gluten

Look out for words like sucrose & molasses on food labels.

When is the best time to eat dried fruits such as raisins?

During a meal to help protect teeth and avoid decay.

Which of the following are high sources of sugar in children's diets?

All of them can be. Other high sources of sugar are juice drinks, flavoured milks, buns, jams and spreads, confectionary, flavoured yoghurts and desserts.

What can too much sugar do to a child's body?

As well as painful tooth decay, it can cause a build-up of harmful fat and result in type 2 diabetes. It also increases the risk of developing some cancers and heart disease.

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TO THE DENTIST**