

Be Food Smart Challenge!

Your chance to be a Food Smart Detective!



Added sugar, saturated fat, and salt are lurking everywhere! You'll be surprised at just how much is lurking in everyday food and drink, and it builds up quickly over the day.

Do you know what the recommended maximum daily amounts of added sugar, saturated fat and salt are? Can you spot how much sugar, saturated fat and/or salt are in the family favourites below?

The answers are in the library, hunt them out and write the answers below!

1. What is the maximum daily amount of ***added sugar** for each of the following age groups?
(Please tick one box for each age group)

4 – 6 years: 4 sugar cubes 5 sugar cubes 7 sugar cubes

7 – 10 years: 6 sugar cubes 8 sugar cubes 10 sugar cubes

11+ years: 6 sugar cubes 7 sugar cubes 11 sugar cubes

* Added sugars are those added to food (e.g. sucrose (table sugar), glucose) or those naturally present in honey, syrups and unsweetened fruit juices, but exclude lactose in milk and milk products. It does not include the sugars naturally present in intact fruit and vegetables or dairy products.

2. **Biscuits (per packet)**



___ cubes of sugar
 ___ grams sat fat
 ___ sachet(s) of salt

Cereals (per box)



___ cubes of sugar
 ___ grams sat fat
 ___ sachet(s) of salt

Yoghurts (per pot)



___ cubes of sugar
 ___ grams sat fat
 ___ sachet(s) of salt

3. What is the maximum daily amount of **saturated fat** for each of the following age groups?
(Please tick one box for each age group)

- | | | | |
|----------------------|----------------------------------|-----------------------------------|-----------------------------------|
| 4 – 6 years: | <input type="checkbox"/> 6 grams | <input type="checkbox"/> 18 grams | <input type="checkbox"/> 22 grams |
| 7 – 10 years: | <input type="checkbox"/> 8 grams | <input type="checkbox"/> 22 grams | <input type="checkbox"/> 24 grams |
| 11+ years: | <input type="checkbox"/> 6 grams | <input type="checkbox"/> 24 grams | <input type="checkbox"/> 28 grams |

4. **Muffins (per muffin)** **Fizzy drinks (per can)** **Juice drinks (per pouch)**



___ cubes of sugar ___ grams sat fat ___ sachet(s) of salt
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___ cubes of sugar ___ grams sat fat ___ sachet(s) of salt
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___ cubes of sugar ___ grams sat fat ___ sachet(s) of salt
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5. What is the maximum daily amount of **salt** for each of the following age groups? *(Please tick one box for each age group)*

- | | | | |
|----------------------|------------------------------------|-------------------------------------|-------------------------------------|
| 4 – 6 years: | <input type="checkbox"/> 4 sachets | <input type="checkbox"/> 5 sachets | <input type="checkbox"/> 6 sachets |
| 7 – 10 years: | <input type="checkbox"/> 6 sachets | <input type="checkbox"/> 10 sachets | <input type="checkbox"/> 12 sachets |
| 11+ years: | <input type="checkbox"/> 8 sachets | <input type="checkbox"/> 12 sachets | <input type="checkbox"/> 14 sachets |

Once completed, please post in the **entry box** in the library. Don't forget to put your name and library card number on the bottom of the page to be in with a chance of winning a prize!

Name.....

Library Card Number.....

For further information, check out the FREE Be Food Smart app – it's here to help!
(available from iTunes store or Google Play) <https://www.nhs.uk/change4life>