



Healthier Snacking Challenge!

Test your knowledge and learn about healthier snacking!

Eating too much sugar can lead to harmful fat building up inside the body and serious health problems. Half the sugar children in England consume comes from snacks and sugary drinks.

Do you know how many cubes of sugar are in your family favourites? Can you spot the healthier snacks and drinks below, and become a **Healthier Snacking Champion**?

The answers are in the library, hunt them out and write them below!
Prizes to be won!



1. What is the maximum recommended 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. What is the most common reason children between the ages of 5 and 9 are admitted to hospital? (please tick one box)

Fever

Broken limbs
(bones)

Tooth decay

3. How many cubes of sugar are in the family favourites below?

Ice cream (per ice cream)



___ cubes of sugar

Fizzy drinks (per can)



___ cubes of sugar

Juice drinks (per pouch)



___ cubes of sugar

4. Which of these everyday items can be high in added sugar?

Cereal bar Yoghurt Juice drink All of these

5. Too much sugar can lead to harmful fat building up inside the body which can cause serious health problems such as:

Type 2 Diabetes Some cancers Heart disease All of these

6. What is the maximum number of 100 calorie (kcal) packaged snacks children could have a day?

1 2 3 4

7. Which of these is a healthier snack?

Low fat hummus Low fat low sugar yoghurt Fresh or tinned fruit All of these

8. Some drinks such as juice or fizzy drinks are very high in sugar and one pouch can contain more than the maximum daily amount of added sugar. Which of these are healthier drinks?

Water Diet, no added sugar drinks Lower-fat milk All of these

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 Change4Life Food Scanner app – Bring food labels to life and find out what's really inside your food and drink! (available from iTunes store or Google Play) <https://www.nhs.uk/change4life>