

KS1 English activity sheet (Year 1)

Sienna's day



Name: _____

Class: _____

- For each time of day:
 - draw a **green** circle around the most healthy choice
 - draw a **red** circle around the least healthy choice.
- Put a **S** next to the foods or drinks that you think Sienna would choose.

Time of day	Food and drink choices	
Breakfast	Sugary cereal (30g) 	Wheat biscuit cereal (2 pieces) 
Drink	Water 	Juice drink 
Morning snack	3 chocolate biscuits 	Apple 
Lunch	Low fat, lower-sugar yoghurt 	Split pot yoghurt 
After-school snack	Chocolate muffin 	Plain rice cakes 
Dinner	Ice cream and chocolate sauce 	Sugar-free jelly 

KS1 Maths activity sheet (Year 1)

Most and least sugar




Name:

Class:

- Use the 'How many sugar cubes?' sheet to complete the table below.
- For each time of the day:
 - draw a **green** circle around the choice with the least sugar
 - draw a **red** circle around the choice with the most sugar.

All values are approximate.

Time of day	Food and drink choices	
Breakfast	Sugary cereal (30g)  <input type="text"/>	2 plain wheat biscuits cereal  Less than <input type="text"/> 1
Drink	Water  <input type="text"/> 0	Juice drink  <input type="text"/>
Morning snack	3 chocolate biscuits  <input type="text"/> 3	Apple*  <input type="text"/>
Lunch	Low fat, lower-sugar yoghurt  <input type="text"/> 2	Split pot yoghurt  <input type="text"/>
After-school snack	Chocolate muffin  <input type="text"/> 6	Plain rice cakes  <input type="text"/>
Dinner	Ice cream and chocolate sauce  <input type="text"/>	Sugar-free jelly  <input type="text"/> 0

* This product contains some sugar, but you don't need to worry about the sugar in fruit or plain yoghurt, so we've given them a zero for sugar for this exercise.



How many sugar cubes?

All values are approximate.



Sugary cereal (30g)



Juice drink



Apple



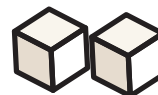
Split pot yoghurt



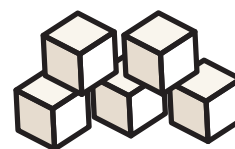
Plain rice cakes



Ice cream and chocolate sauce

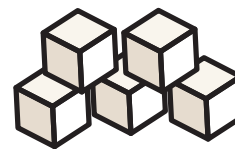


2 sugar cubes



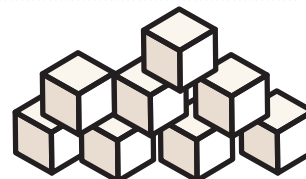
5 sugar cubes

0 sugar cubes*



5 sugar cubes

0 sugar cubes



8 sugar cubes

* This product contains some sugar, but you don't need to worry about the sugar in fruit, so we've given them a zero for sugar for this exercise.