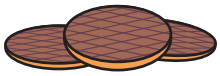
KS1 English activity sheet (Year 2)

# Sienna's day

Name:

Class:

1. For each time of day:
   - draw a green circle around the most healthy choice
   - draw a red circle around the least healthy choice.
2. 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 2)

# Most and least sugar

Name:

Class:

1. Use the How many sugar cubes? sheet to find out how much sugar is in Sienna's favourite foods, and complete the table below.
2. 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) | | Wheat biscuit cereal (2 pieces) | Less than |
| Drink | Water | 0 | Juice drink | 5 |
| Morning snack | 3 chocolate biscuits | | Apple* | |
| Lunch | Low fat, lower-sugar yoghurt | 2 | Split pot yoghurt | 5 |
| After-school snack | Chocolate muffin | 6 | Plain rice cakes | 0 |
| Dinner | Ice cream and chocolate sauce | | Sugar-free jelly | |

* These products contain 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.

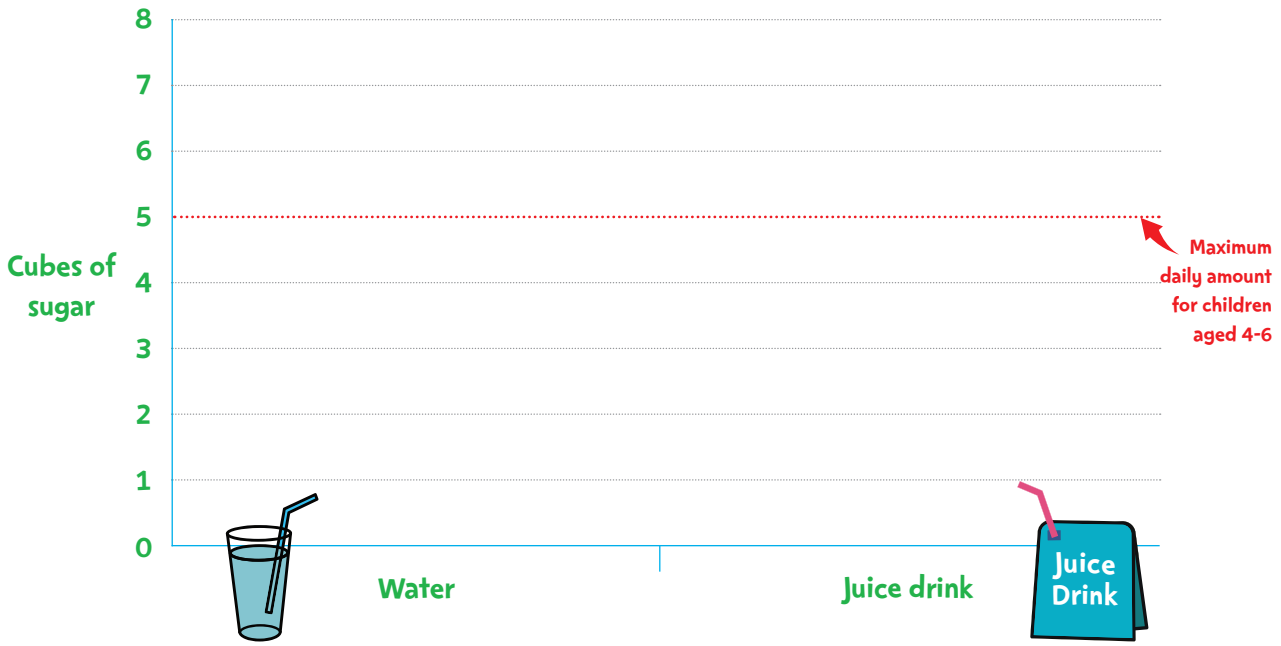
KS1 Maths activity sheet (Year 2)

# Most and least sugar

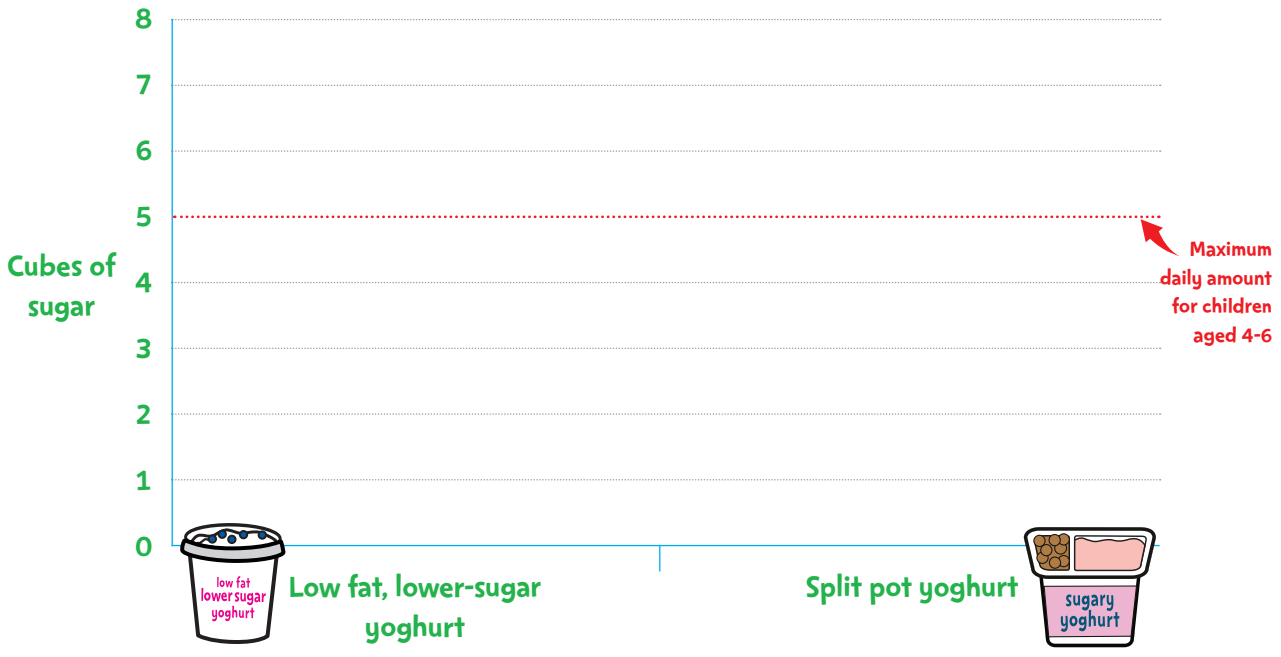
3. Use the table to fill in the bar charts to show how many sugar cubes are in each choice.

All values are approximate.

## Drink




## Lunch

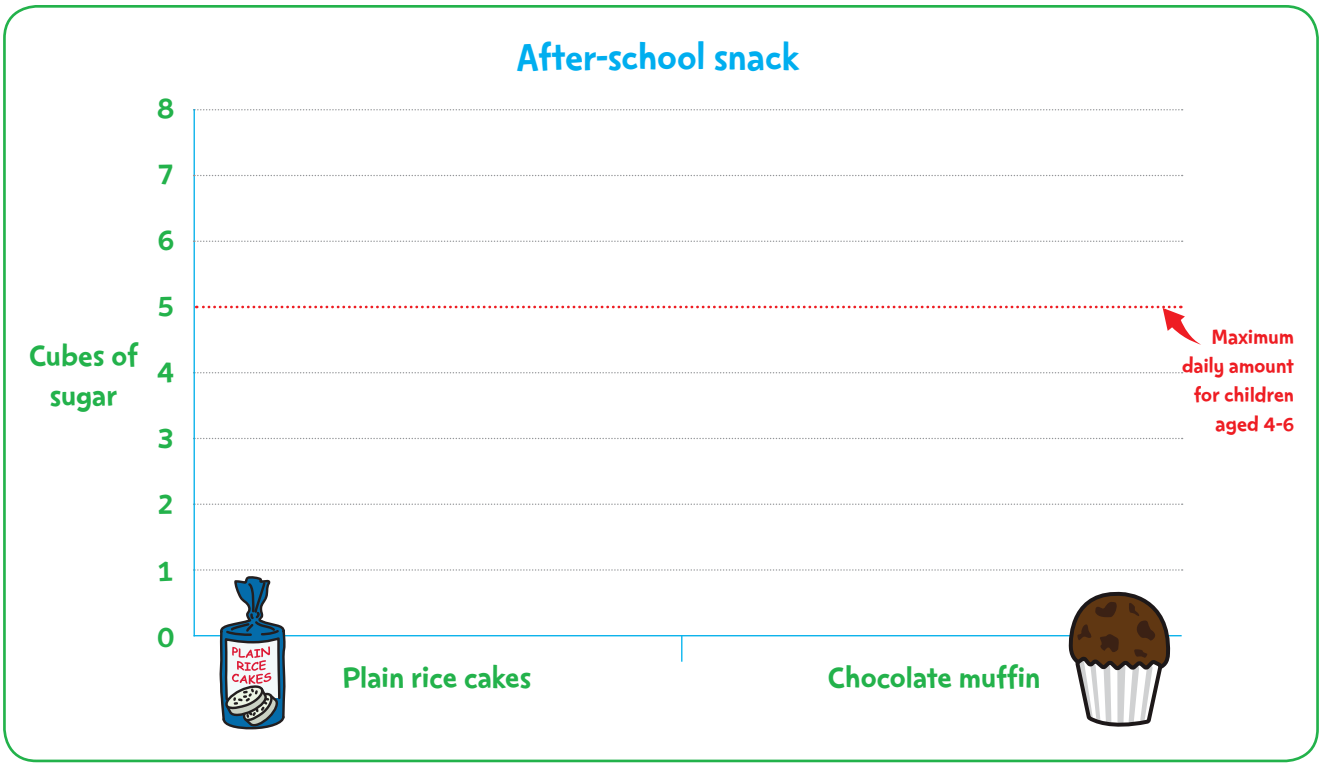



* This product contains some sugar, but you don't need to worry about the sugar in plain yoghurt, so we've given them a zero for sugar for this exercise.

KS1 Maths activity sheet (Year 2)

# Most and least sugar

All values are approximate.




## Extension activities

4. How much sugar would Sienna eat in one day if she chose the food or drink with the most or least sugar every time?

### Most sugar

| | Breakfast | | Drink | | Morning snack | | Lunch | | After-school snack | | Pudding | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Choice with the most sugar | Sugary cereal (30g) | | | | | | | | | | | |
| Number of sugar cubes | 2 | + | | + | | + | | + | | + | | = |

### Least sugar

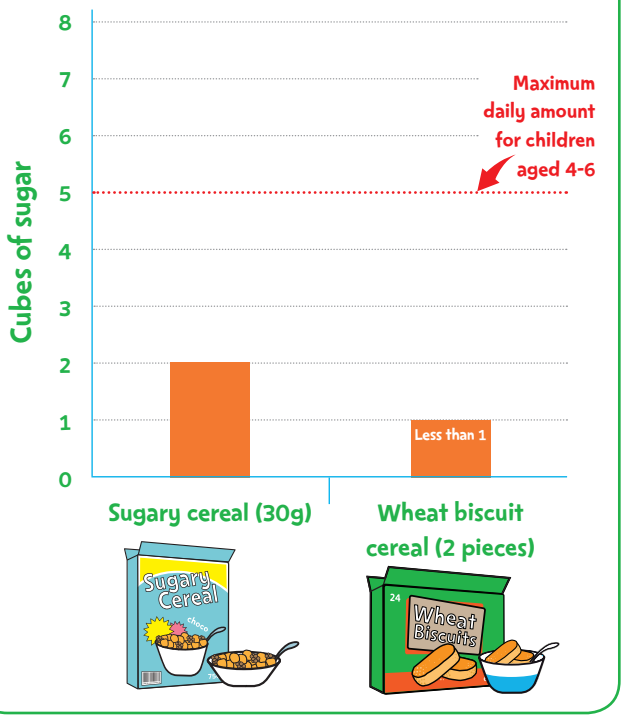
| | Breakfast | | Drink | | Morning snack | | Lunch | | After-school snack | | Pudding | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Choice with the least sugar | Wheat biscuit cereal (2 pieces) | | | | | | | | | | | |
| Number of sugar cubes | Less than 1 | + | | + | | + | | + | | + | | = |

KS1 Maths reference sheet (Year 2)

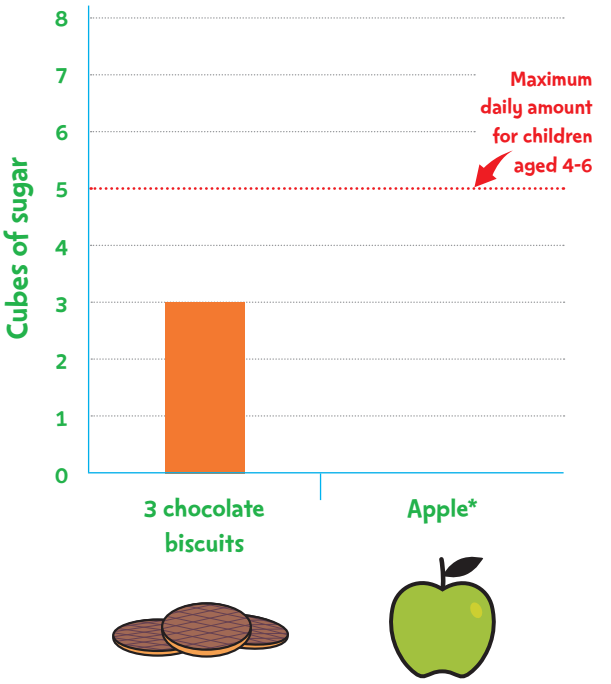
# How many sugar cubes?

All values are approximate.

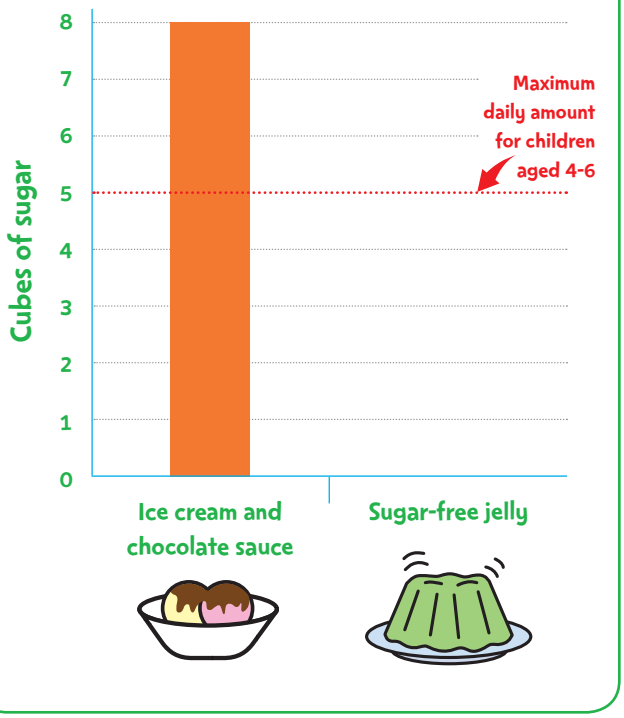
## Breakfast




## Morning snack




## Dinner



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