

GUESS HOW MUCH SUGAR?



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

— **Question:** How much sugar is in the food that we eat?

— **Scenario:** Many of us like to eat sweet foods such as cake, biscuits and ice cream, but this type of food is not really good for us.

— The reason we like the taste of these foods is thanks to sugar. Sugar is found in many food products but it's important to understand there are different types of sugar.

There are two main types of sugars:

- **Natural sugars** can be found in fruit and dairy products
- **Added sugars** as the name suggests, are added to packaged food products that we find in supermarkets, such as biscuits, soft drinks and breakfast cereal.

— Foods high in added sugar tend to be very high in energy and provide less nutrients. Therefore, it's important to know how much sugar is in the food we eat and what amount is ok for a healthy diet.

— **Use this link to find out more:**

Sugars in Food by Eat for Health

Link: <https://www.eatforhealth.gov.au/food-essentials/fat-salt-sugars-and-alcohol/sugars>




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WRITE DOWN HOW MANY TEASPOONS OF SUGAR YOU THINK ARE IN THE FOOD PRODUCTS BELOW.

FOOD ITEM PER SERVE	HOW MUCH SUGAR?	FOOD ITEM PER SERVE	HOW MUCH SUGAR?
COCO-COLA 1 CAN	10 teaspoons	1 MARS BAR REGULAR SIZE	___ teaspoons
1 TIM TAM	___ teaspoons	A BOWL OF COCO POPS	___ teaspoons
1 TABLESPOON OF HONEY	___ teaspoons	A MUESLI BAR	___ teaspoons
A HANDFUL OF DRIED FRUIT	___ teaspoons	A GLASS OF FLAVOURED MILK	___ teaspoons
1 FRUIT ROLL UP	___ teaspoons	1 TABLESPOON OF TOMATO SAUCE	___ teaspoons



**TAKING THE SUGAR
JOURNEY FURTHER**

Ask an adult to work through the answers with you by measuring out the correct amount of sugar into a measuring cup or bowl. This will help you visualise how much sugar we are eating from one food product.



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SUGGESTED ANSWER SHEET

FOOD ITEM PER SERVE	HOW MUCH SUGAR?	FOOD ITEM PER SERVE	HOW MUCH SUGAR?
COCO-COLA 1 CAN	10 teaspoons	1 MARS BAR REGULAR SIZE	6 teaspoons
1 TIM TAM	2 teaspoons	A BOWL OF COCO POPS	6 teaspoons
1 TABLESPOON OF HONEY	4 teaspoons	A MUESLI BAR	2 teaspoons
A HANDFUL OF DRIED FRUIT	7 teaspoons	A GLASS OF FLAVOURED MILK	7 teaspoons
1 FRUIT ROLL UP	1 teaspoon	1 TABLESPOON OF TOMATO SAUCE	1.5 teaspoons

