

GUESS HOW MUCH SUGAR?



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

- **Question:** How much sugar is in the food that we eat?
- **Scenario:** Sugars are in many foods we eat including fruits, flavoured yoghurts, breakfast cereals, biscuits and cakes.
- 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 for health and wellbeing.

- **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>




GUESS HOW MUCH SUGAR?



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

