

How Sweet are You?



Aim

To make participants aware of the sugar content of common foods.

Materials

Teaspoons.

Large bowl sugar/sugar cubes.

Paper plates.

A few of the foods from the list overleaf or Empty packets/pictures of the listed foods.



Instructions

1. Lay foods/empty packets out on a table.
2. Place sugar/sugar cubes and teaspoons on table.
3. Invite each participant to pick their favourite food from the table.
4. Then ask participants to guess how many spoons of sugar/sugar cubes are contained in the food.
5. Then demonstrate how many spoons of sugar/sugar cubes are actually contained in the foods from the table below.
6. Ask participants if they are surprised with the amount of sugar in their favourite foods.
7. Explain the high sugar content if these foods means that we should limit our intake.



Table of Sweetness

Food Description	Sugar Cubes	Teaspoons of Sugar
Sweets		
1 Tube Fruit Pastilles (52.5g)	10	6
1 Bar of Milk Chocolate (45g)	8	5
1 Bag of Jelly Babies (225g)	60	36
1 Bag of Boiled Sweets (180g)	42	25
1 Bag of Toffees (170g)	27	16½
1 Mars Bar (51g)	10	6
1 Bag of Dolly Mixtures (190g)	55	32½
1 Tube Polo Mints (34g)	11	6½
Biscuits		
3 Chocolate Bourbons	4	2½
3 Jaffa Cakes	6	4
3 Custard Creams	4	2½
1 Milk Chocolate Digestive	2	1
1 Chocolate Biscuit (e.g. Penguin)	3	1½
Drinks		
1 Can Coke (330mls)	12	7½
1 Bottle Lucozade (380ml)	11	6½
1 Carton Ribena (250mls)	13	8
1 Can Sprite (330ml)	7	4½
1 Can Fanta (330ml)	13	8
1 Can Red Bull (250ml)	9	5½

Adapted from the Health Alliance Northern Ireland

The above values are approximate and may alter if the product is reformulated.

- Each sugar cube weighs 3g and the total number is calculated to the nearest cube.
- The equivalent number of teaspoons of sugar is calculated to the nearest ½ teaspoon. Each teaspoon of sugar weighs 5g