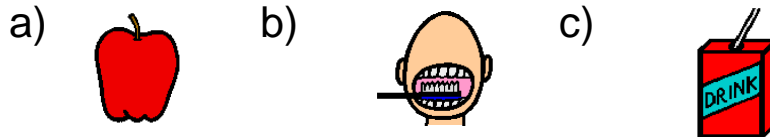


Sugar Quiz

Tick or circle the correct answer

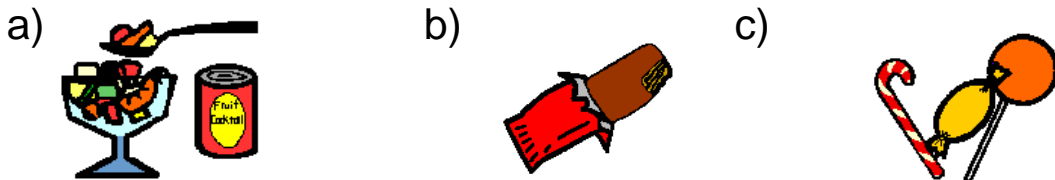
1) What should we do after we eat sugary foods?



2) What can happen if we eat too many sugary foods?



3) Choose the healthy snack?



4) Choose the healthy drink?



5) Which is healthiest for you?



Question	Answer
Q1	b) Brushing teeth: This helps to clean the sugar off your teeth and keeps them healthy, helps to prevent sore teeth and visits to the dentist.
Q2	a) Overweight: Remember the healthy alternatives. Ask group to recall from the Power Point presentation on the wall (You are what you eat) healthy things to put in their shopping basket: fruit, vegetables, yogurt, milk etc.
Q3	a) Fruit in Juice: You tasted earlier. Remind group that fruit canned in natural juice is better than fruit in syrup. Ask for a show of hands for those who liked it when they tasted the foods.
Q4	b) Fruit squash or Juice: Make sure you choose unsweetened or smoothie
Q5	c) Yoghurt: Remember that not all yogurts are healthy for you. What kind should you look for when you are shopping? Answer – light / lite or low sugar ones. That's less than 100kcal per pot