



Hello, we are year 5, and we have set our goal to make people aware of the dangers in sugar.

In this leaflet you will find a recipe, a comic, and some reasons why you should choose a healthy lifestyle, with us, *sugar safe*, rather than an unhealthy lifestyle from eating too much sugar! We think that with the correct amount of sugar, your life will be so much easier, and you can avoid illnesses like diabetes, or tooth decay.

Just think, the next time you walk into the kitchen feeling a bit peckish, don't go straight to the biscuit tin and have a sugary biscuit, have a healthy alternative like a banana instead!

Be Sugar Safe.

By our leaders, Lily Wyber, and Anna Kitteridge



[Our Sugar Safe Campaign](#)

Facts

Tooth extractions are the largest admissions to hospitals for five-nine year olds.

More than 42 million children worldwide are obese (overweight)

One in four children go to Primary school obese.

One in three children go to secondary school obese.

Some people eat forty teaspoons of sugar a day!

Recipe



Pizza squares (healthy)

Ingredients

- 2 wholemeal wraps
- 4tbsp tomato puree
- 2 tsp Italian mixed dry herbs
- 4 tomatoes thinly sliced
- 6 olives
- Black pepper
- Basil

Method

Preheat the grill to medium heat. Place the wraps and spread each one with two tbsp. tomato puree, then sprinkle one tsp mixed herbs over the top of each one. Season with black pepper. Arrange 2 sliced tomatoes over each wrap, then sprinkle with cheese.

Grill them, one by one, for 3-4 minutes until the cheese melts and bubbles. Repeat until they are all cooked. Garnish with olives and basil.

