



QUICK COMPS - HIDDEN SUGAR



From ketchup, cola and chocolate to yoghurt and soup, a lot of added sugar can lurk in what we eat! It is recommended that children aged between seven and 10 should be having no more than 24 grams of sugar (around six sugar cubes) per day. Recent research showed that children in England are eating an average of 13 cubes of sugar a day. That is more than double the recommended amount! Some cereals contain over 3½ sugar cubes which means some children could be having over half of their daily allowance before school. A can of cola can contain 10 sugar cubes. We all know that too much sugar can cause tooth decay and obesity (being overweight) so let's all try to make healthy choices with the food that we eat!



Five W's - Write the correct answer in the box.

Up to how many sugar cubes are allowed per day for 7 - 10 year-olds?	
How many grams of sugar are there in 6 cubes?	
How many sugar cubes can be found in a can of cola?	
What is one thing that eating too much sugar can cause?	

Matching - Draw lines to join the information.

Hidden sugar can lurk	in what we eat
Some cereals contain	13 cubes of sugar a day
Some children are eating	3 and a half sugar cubes

True or False - Write T (True) or F (False).

Children should be having more than 24 grams of sugar per day.	
Some cereals contain over 3½ sugar cubes.	
A can of cola can contain 10 sugar cubes.	
Eating too much sugar can cause tooth decay.	

Fill in the Gap - Write the missing word from the text.

From ketchup, cola and chocolate to yoghurt and soup, a lot of _____ sugar can lurk in what we eat!
Recent research showed that _____ in England are eating an average of 13 cubes of sugar a day.
A can of cola can _____ 10 sugar cubes.
...let's all try to make healthy choices with the _____ that we eat!

Multiple Choice - How many sugar cubes do some cereals contain? (Circle the correct answer)

Sequence in Order - In what order do these appear in the text? (Write 1, 2, 3 and 4 in the smaller boxes)

Circle the Word - Circle the word that means have or hold something within.

A can of cola can contain 10 sugar cubes.

Find and Copy - Write the word that suggests that we don't realise how much sugar is in some foods and drinks.

From ketchup, cola and chocolate to yoghurt and soup, a lot of added sugar can lurk in what we eat!



QUICK COMPREHENSION - ANSWERS



From ketchup, cola and chocolate to yoghurt and soup, a lot of added sugar can lurk in what we eat! It is recommended that children aged between seven and 10 should be having no more than 24 grams of sugar (around six sugar cubes) per day. Recent research showed that children in England are eating an average of 13 cubes of sugar a day. That is more than double the recommended amount! Some cereals contain over 3½ sugar cubes which means some children could be having over half of their daily allowance before school. A can of cola can contain 10 sugar cubes. We all know that too much sugar can cause tooth decay and obesity (being overweight) so let's all try to make healthy choices with the food that we eat!



Five W's - Write the correct answer in the box.

Up to how many sugar cubes are allowed per day for 7 - 10 year-olds?	6
How many grams of sugar are there in 6 cubes?	24g
How many sugar cubes can be found in a can of cola?	10
What is one thing that eating too much sugar can cause?	Tooth decay/obesity

Matching - Draw lines to join the information.

Hidden sugar can lurk	→	in what we eat
Some cereals contain	↘	13 cubes of sugar a day
Some children are eating	↗	3 and a half sugar cubes

True or False - Write T (True) or F (False).

Children should be having more than 24 grams of sugar per day.	F
Some cereals contain over 3½ sugar cubes.	T
A can of cola can contain 10 sugar cubes.	T
Eating too much sugar can cause tooth decay.	T

Fill in the Gap - Write the missing word from the text.

From ketchup, cola and chocolate to yoghurt and soup, a lot of hidden sugar can lurk in what we eat!
Recent research showed that children in England are eating an average of 13 cubes of sugar a day.
A can of cola can contain 10 sugar cubes.
...let's all try to make healthy choices with the food that we eat!

Multiple Choice - How many sugar cubes do some cereals contain? (Circle the correct answer)

13

3 ½

10

24

Sequence in Order In what order do these appear in the text? (Write 1, 2, 3 and 4 in the smaller boxes)

research

2

yoghurt

1

school

3

obesity

4

Circle the Word - Circle the word that means have or hold something within.

A can of cola can **contain** 10 sugar cubes.

Find and Copy - Write the word that suggests that we don't realise how much sugar is in some foods and drinks.

From ketchup, cola and chocolate to yoghurt and soup, a lot of added sugar can **lurk** in what we eat!

lurk