



Sugar Smart Clue Sheet

In school, we have been learning how to become sugar smart.

Use this handy Sugar Smart Clue Sheet to make your Sugar Smart Trump cards.

 <p>Sugary cereal Sugary cereal 30 gram bowl</p> <p>Over 2 cubes of sugar</p>	 <p>Juice Drink</p> <p>Over 5 cubes of sugar</p>	 <p>5 cubes of sugar</p>	 <p>9 cubes of sugar</p>
 <p>sugary yoghurt</p> <p>Over 5 cubes of sugar</p>	 <p>Chilled dessert</p> <p>Over 4 cubes of sugar</p>	 <p>6 cubes of sugar</p>	 <p>Lower-sugar item</p>
 <p>Lower-sugar item</p>	 <p>Lower-sugar item</p>	 <p>Lower-sugar item</p>	 <p>Lower-sugar item</p>
 <p>Lower-sugar item</p>	 <p>low fat lower sugar yoghurt</p> <p>Lower-sugar item</p>	