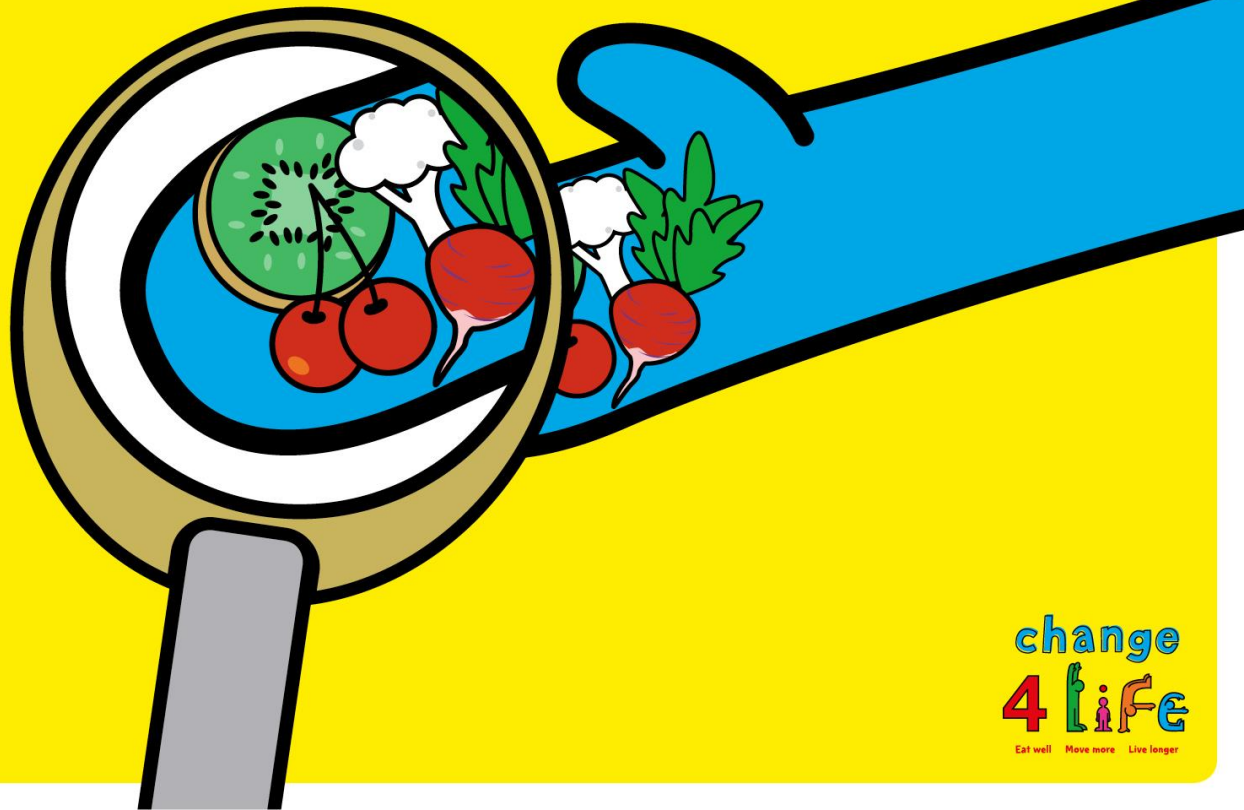


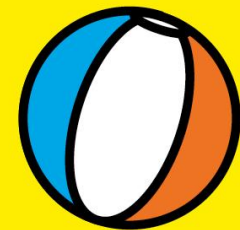
Sophie's Sugar Smart Day



Sophie lives with her Mummy, her little brother Jack and a fluffy kitten called Pickles.



She enjoys going to school, playing with her friends,
going swimming and playing with Pickles.

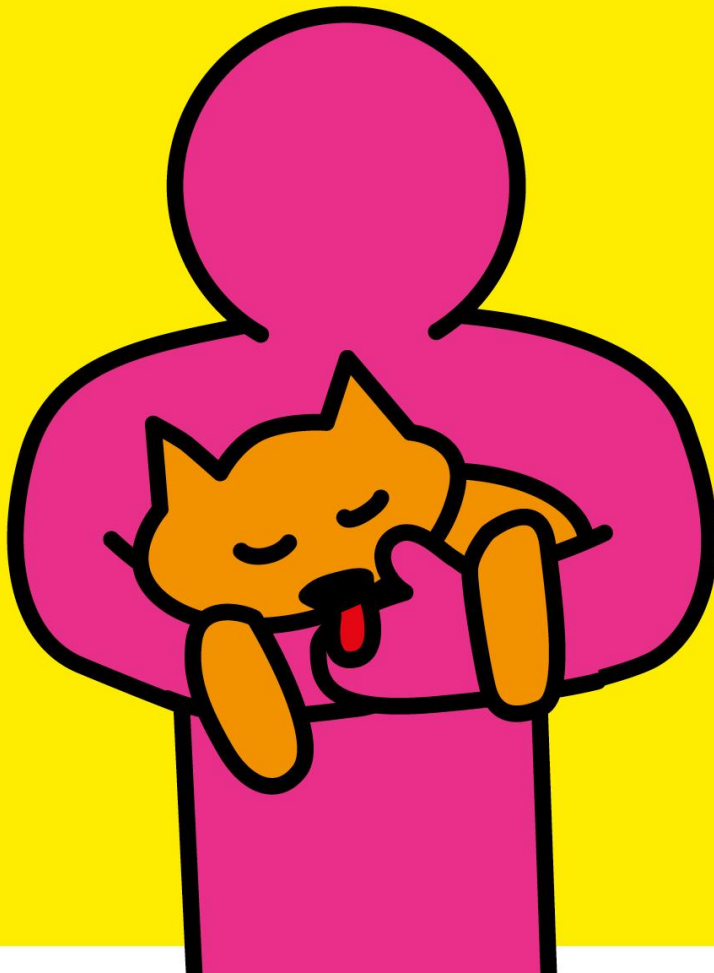




Although Sophie and her family try to eat healthy food, they all enjoy too many sugary foods.

Can you help her make the right choices and have a sugar smart day?

It's Saturday morning! Sophie wakes up, has a cuddle with Pickles and goes to the kitchen to get her breakfast.



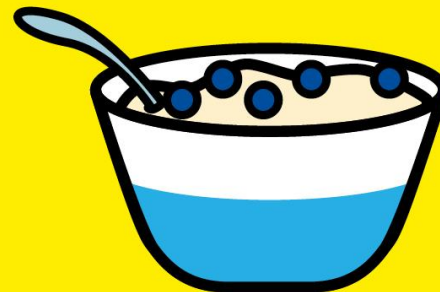
“What would you like for breakfast today?”, Mummy asks Sophie. “There’s some of that sugary cereal, or I could make you some porridge with blueberries?”



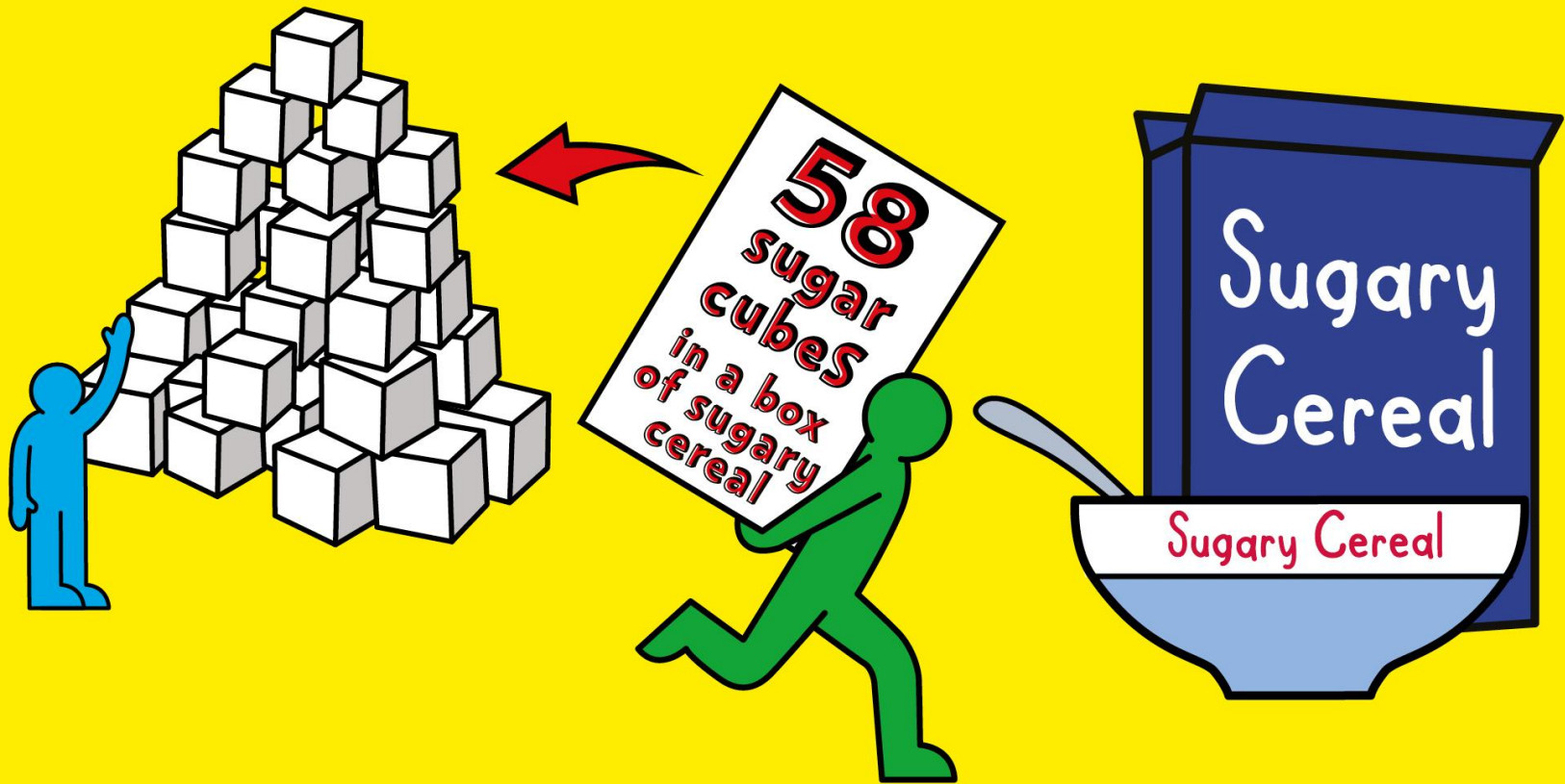
What should Sophie choose?



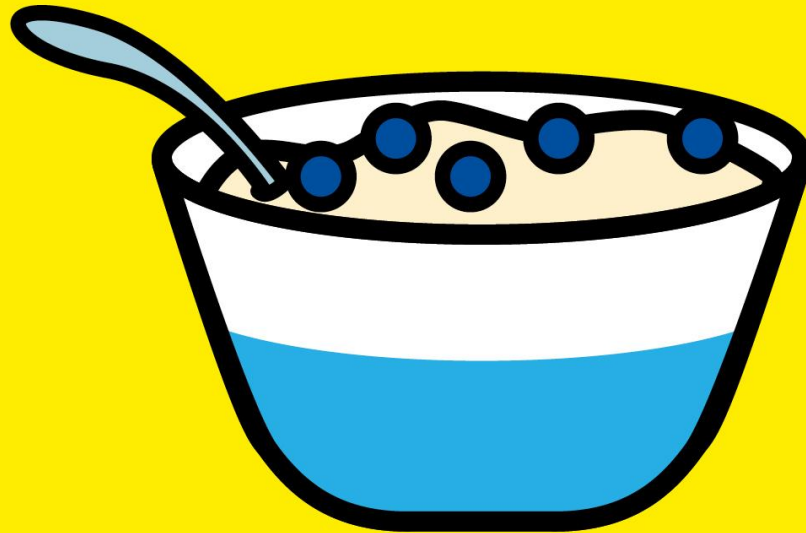
or



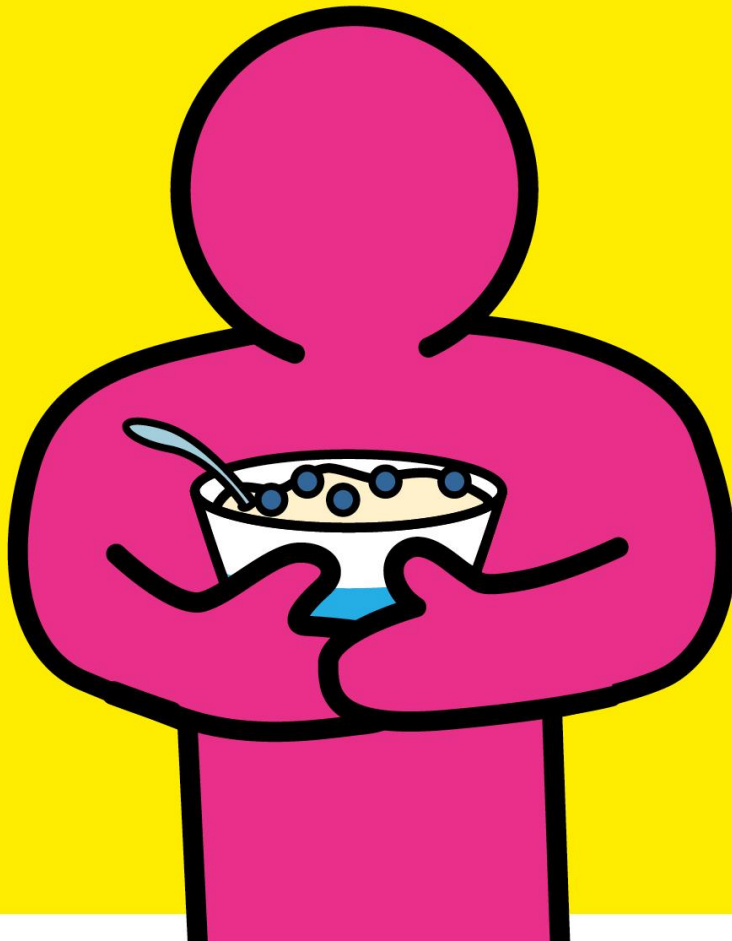
Think again!



Good choice!



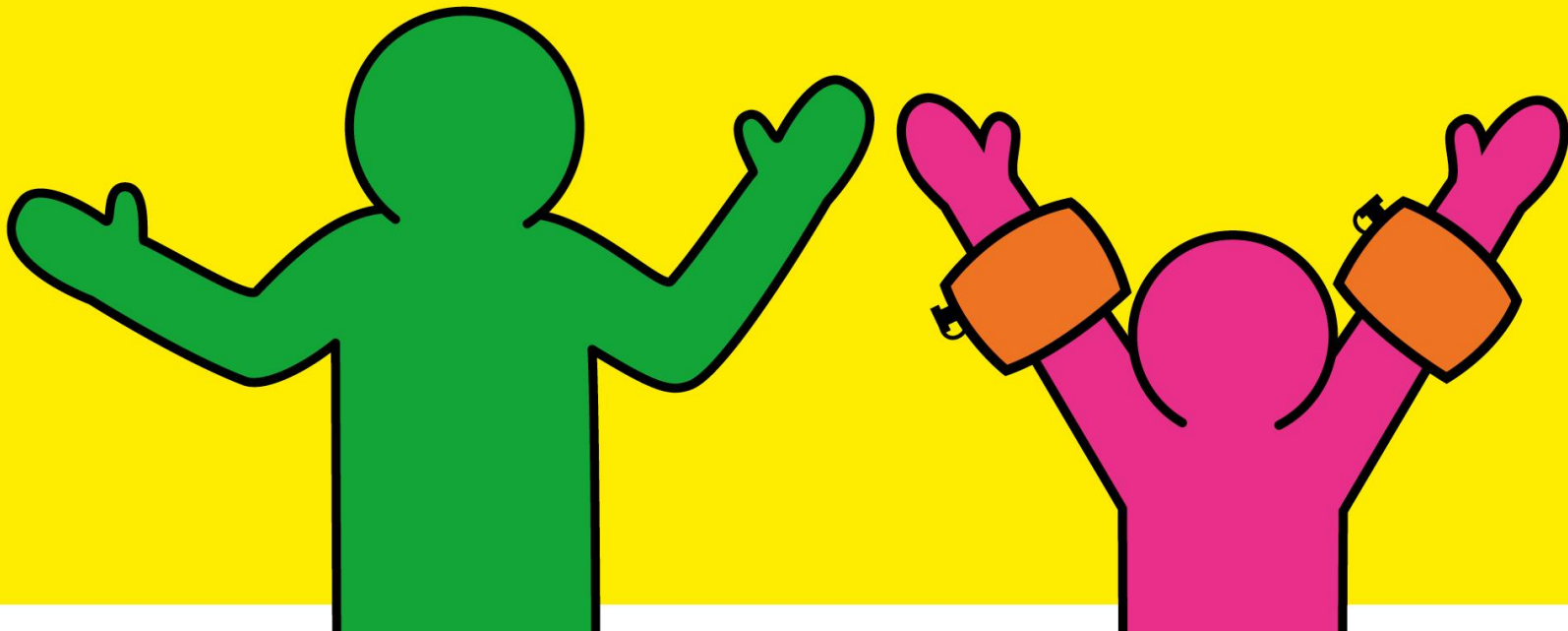
“Hmm, porridge!”, says Sophie.
“This is delicious with the blueberries on top.”



Having got her day off to a good start, Sophie heads off to her swimming lesson full of energy.



“You know you’re often hungry when you get out of the pool”, says Mummy. “What shall I bring along as a snack for you? You can either have a muffin or some rice cakes.”



What should Sophie choose?



or



Could do better!



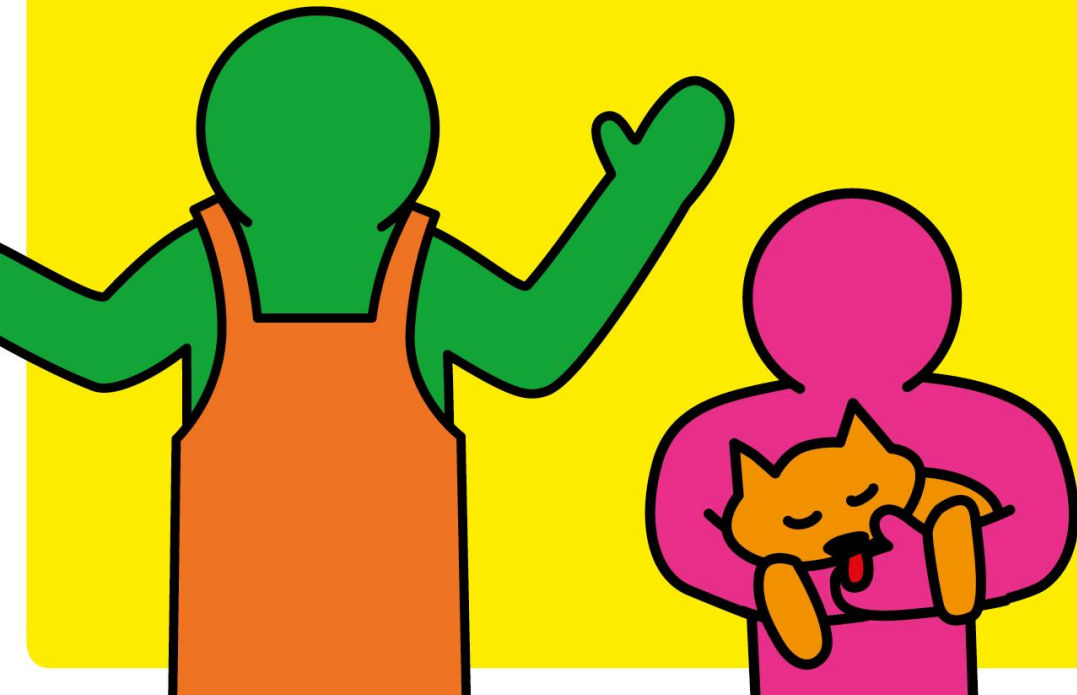
Good choice!



**“Rice cakes were definitely the right choice”,
says Sophie later that morning. “Swimming
is hungry work and these are filling me up
really well.”**



Back home, Sophie plays with Pickles while Mummy makes lunch for her and Jack. Having eaten up her tuna sandwiches, Sophie asks if she can have something for afters.



“Of course!”, says Mummy. “There are sugary yoghurts or some fruited teacakes for you and Jack.”



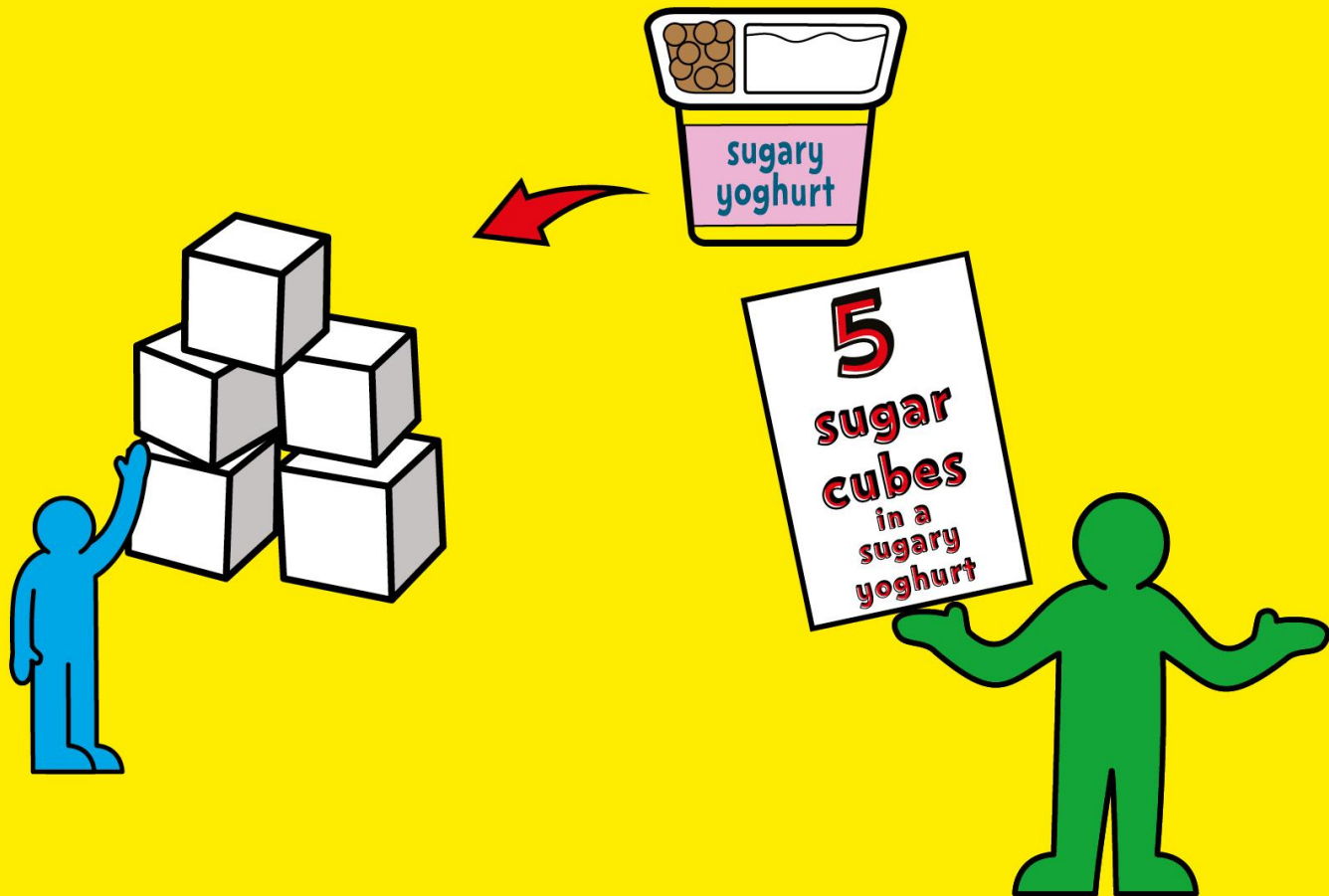
What should Sophie choose?



or



Uh-oh!
Don't spoil all Sophie's good work!



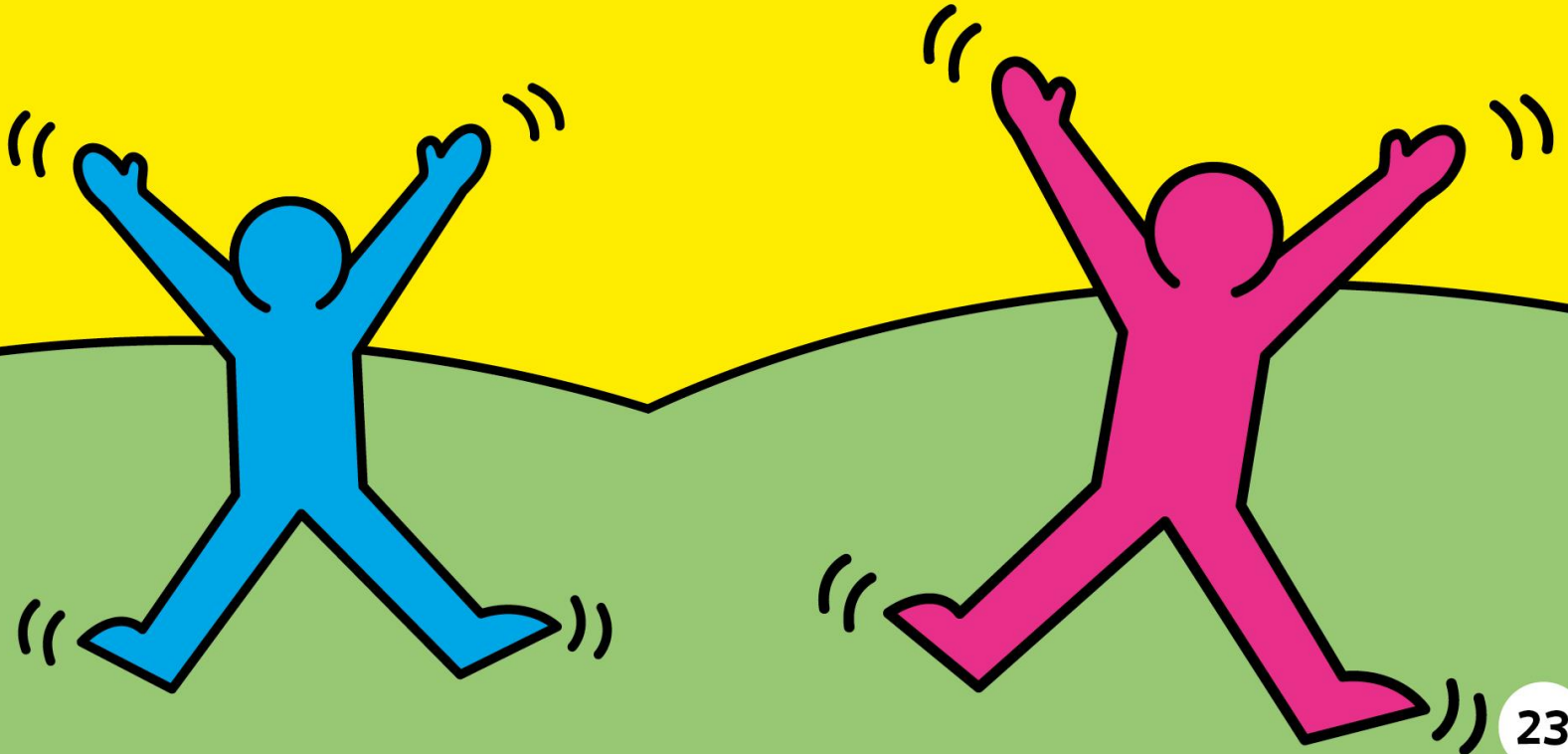
Well done!



“Delicious teacakes!”, says Sophie. “They’re really tasty.”



After lunch, Mummy takes Sophie and Jack to the park. It's a hot, sunny day and once she's been on the swings and climbing frame for a while Sophie feels thirsty.



“Oh bother!”, says Mummy. “I’ve forgotten to bring your drink. We’ll have to pop to the shop to buy one. What would you like, Sophie?”



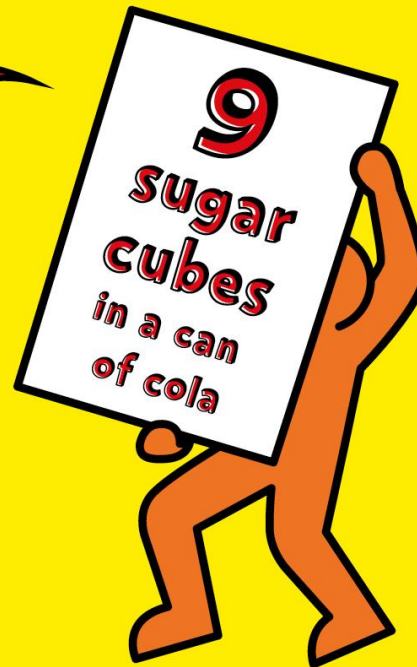
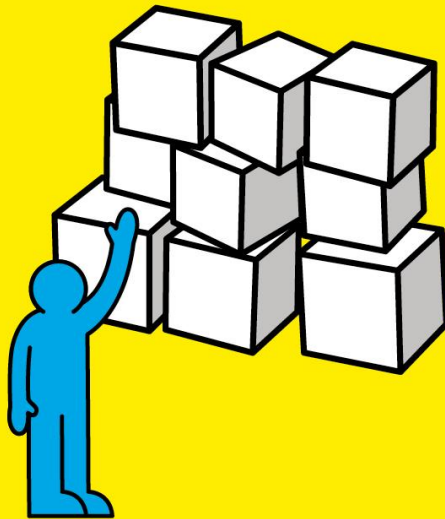
What should Sophie choose?



or



**Fizzy drinks are as sugary as
sweets and cakes!**



Good choice!



**“This water’s really refreshing”, says Sophie.
“I’m feeling much better now.”**



The children play for a while longer and then head home.
Sophie asks Mummy if she can try making a recipe.



**“What would you like to make?”, asks Mummy.
“You could help me make some carrot and
cucumber sticks with reduced-fat hummus,
or you could have some chocolate instead?”**



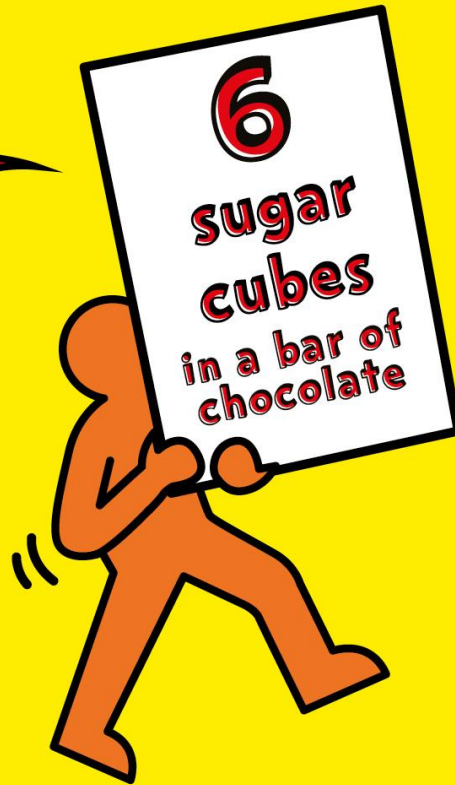
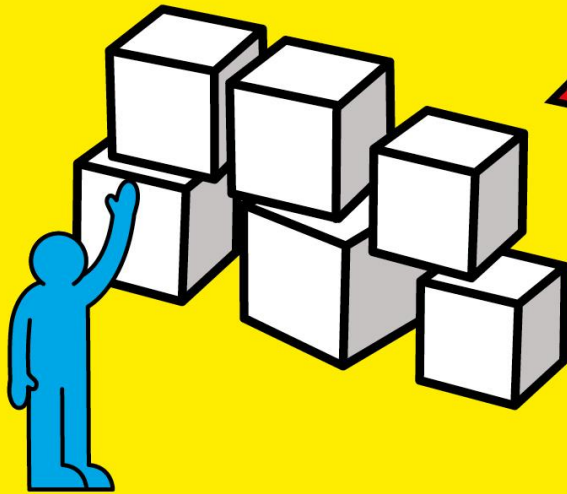
What should Sophie choose?



or



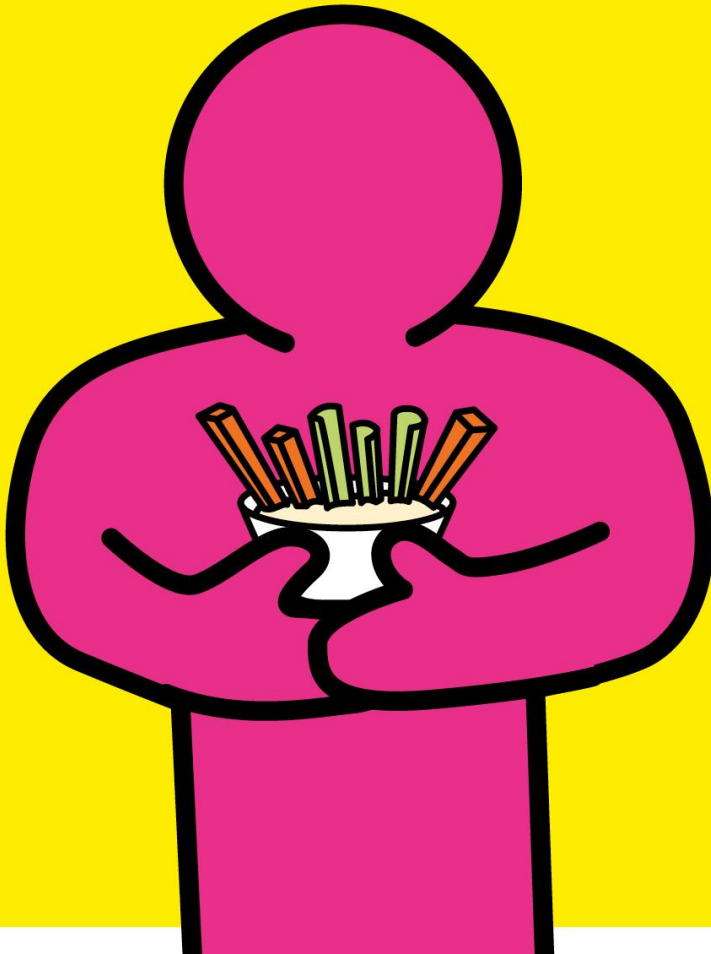
Think again!



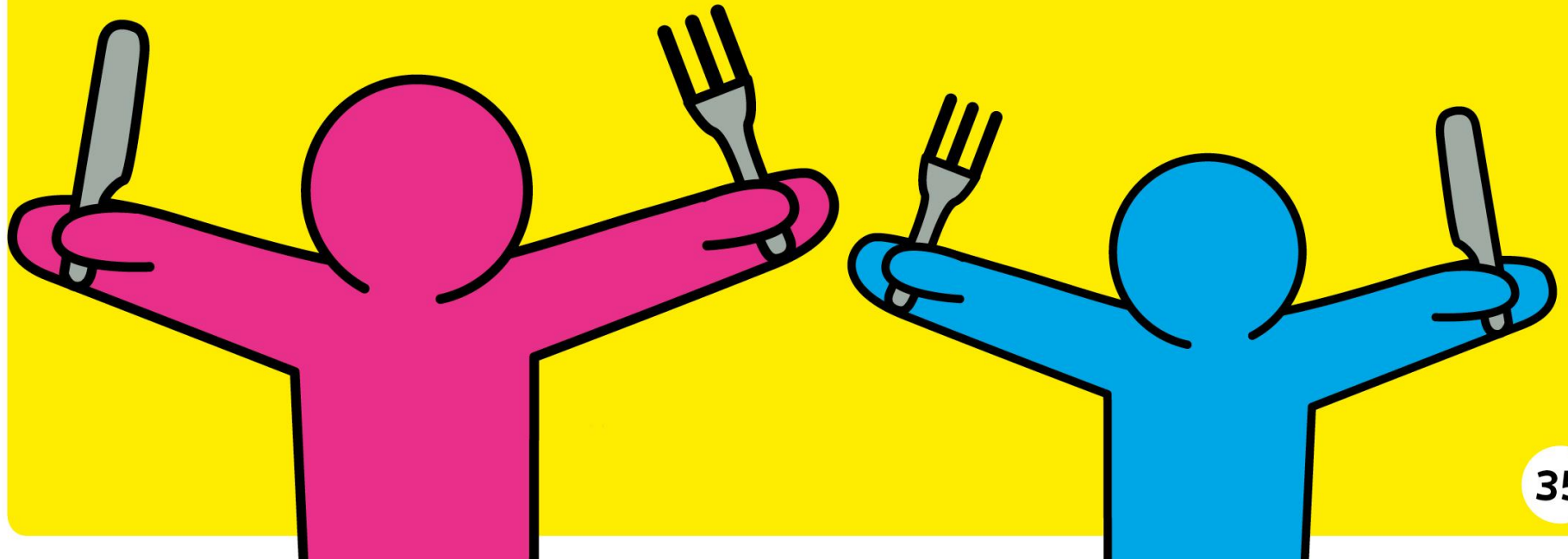
Well done!



“Yum! I really like dipping cucumber and carrot sticks”, says Sophie.



Having enjoyed their snack, Sophie and Jack play in the paddling pool until Mummy calls them indoors for their dinner. Hungry after their busy day, the children eat a bowl of pasta with vegetables.



“Are you full or would you like some pudding?”, asks Mummy. “I’ve got a chilled dessert in the fridge or some low-fat, lower-sugar yoghurt and berries.”



What should Sophie choose?



or



Could do better!



Good choice!



“Yoghurt with berries. My favourite!”, says Sophie.



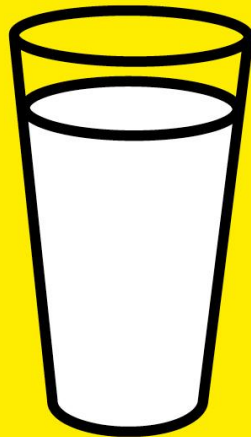
After tea, Mummy, Sophie and Jack play a game and read some stories. All too soon it's time for bed!



Sophie says she's thirsty, so Mummy offers to bring her a cup of milk or a glass of orange squash.



What should Sophie choose?



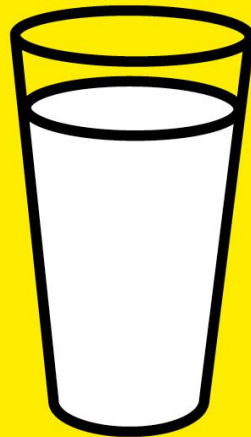
or



Squash isn't a great bedtime drink!



Good choice!



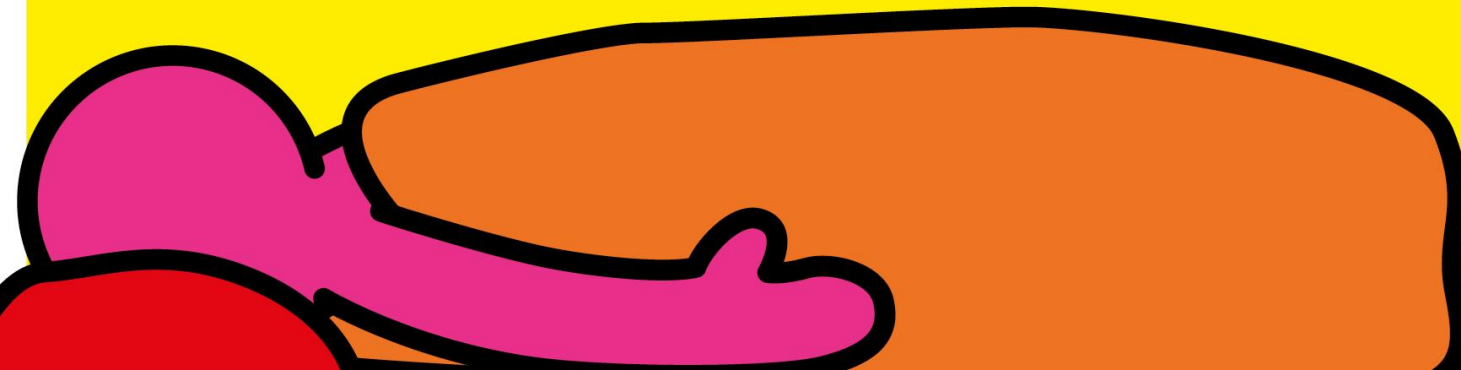
“There’s nothing like milk at bedtime”, says Sophie.



She drinks it all up, snuggles down under the duvet
and, in no time, feels her eyes beginning to close.

“What a lovely day”, she whispers to herself.

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z
Z



**“Thank you, everyone, for helping
me to be sugar smart!”**

