

HIGHER OR LOWER

An activity to explore the quantity of sugar in common drinks that children and young people often choose.

This activity would work well with both families and children to educate the whole family about choosing healthier drink options as well as learning the daily fluid intake guidelines.

What you will need:

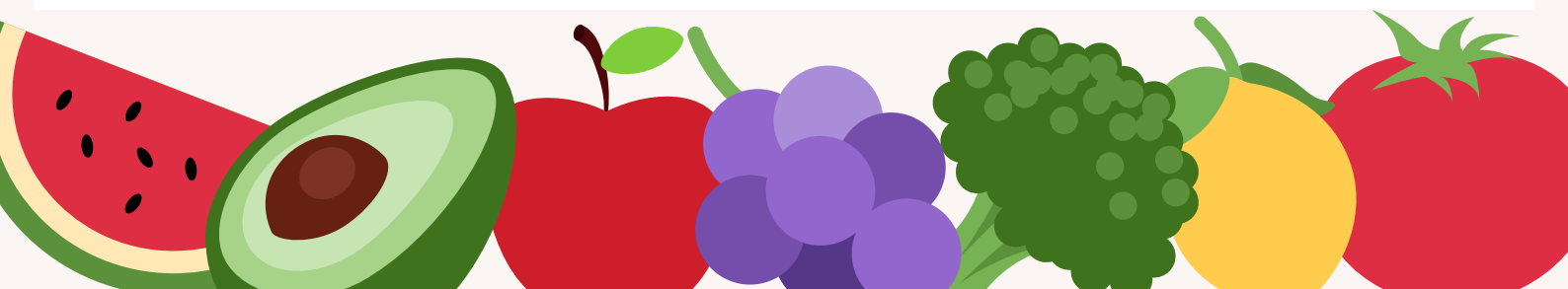
- Print the pictures of the drinks below and cut out or collect your own bottles of various types of drinks
- Flip chart paper pinned on a wall
- Flip chart pens
- A4 sheets of paper
- Willing participants :-)

How to play:

Anybody remember the TV show 'Play Your Cards Right' hosted by the late Bruce Forsyth? Well this activity is based on a very similar concept and is designed to engage children & young people as well as families and carers in a fun game whilst educating them about healthy drink choices.

You choose one drink as a baseline drink and then turn over the remaining drinks one by one. Shouting 'higher' or 'lower' as you go. Please use the information sheet at the end of the game to reiterate daily sugar guidelines and share information or other tools around being sugar smart and packet labelling (tip; this activity highlights that water, milk & sugar free fruit juices are the best choices. Did you notice that some drinks looked the same but stated 'sugar free', 'reduced sugar' or 'lighter' 'diet'. Encourage children to choose these options where possible).

1. Using the printed pictures of the bottles below (without the answers) or using your own physical bottles if you prefer you can either:
 - a. Stick the pictures of the bottles on the wall and cover each picture with an A4 sheet of paper
 - b. Or stand the physical bottles on a table and cover each one with a box or creatively cover them
 - c. Or ask the children and young people to participate and allocate each child a picture of a drink to hold
2. The person facilitating should lead the session by choosing one drink to place as their starting drink and then one by one revealing the next drink asking your participants to simply guess if the drink is 'higher' or 'lower' in sugar than the previous one.
3. The activity should lead to a discussion around which are the healthier drink options and sharing sugar guideline guidance to educate them around healthier drinks.



HIGHER OR LOWER

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



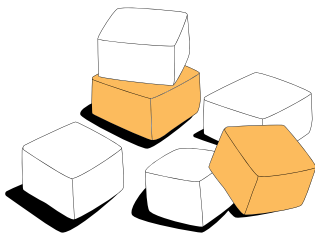
Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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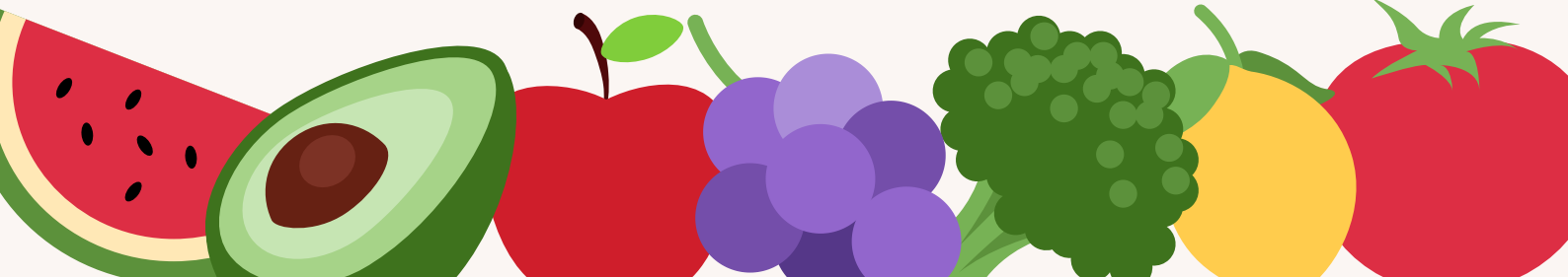
How much sugar is in:



1 sugar cube
4g



1 teaspoon
5g





Monster energy drink
(500mls)
55g sugar



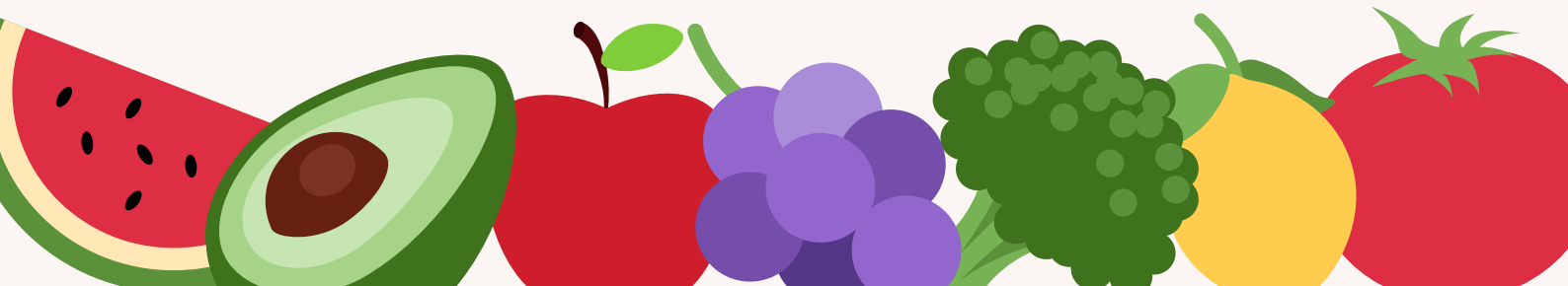
Yazoo chocolate milk
(400mls)
35g sugar



Strawberry flavoured water
(500mls)
12g sugar



Strawberry flavoured water
Sugar free (500mls)
0g sugar





Coca Cola (500mls)
53g sugar



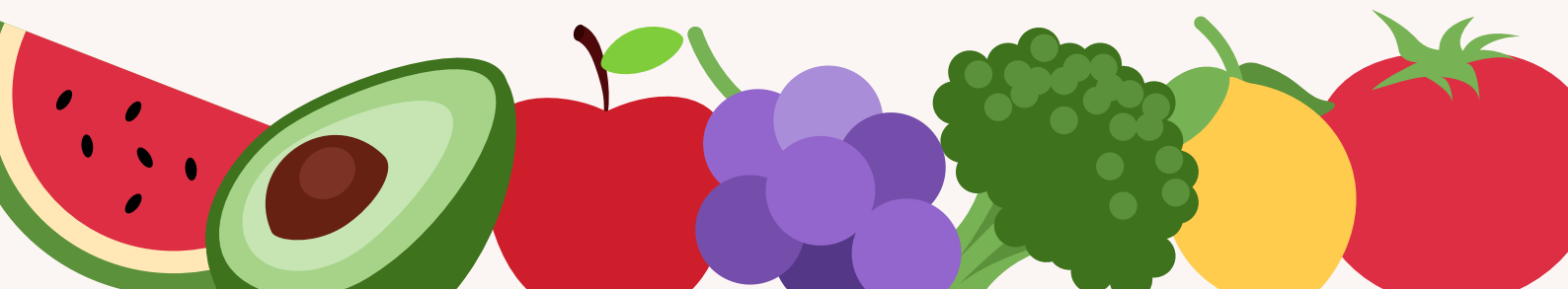
Capri-Sun (330mls)
16g sugar



**Glass unsweetened soya
milk (250mls)**
0g sugar



**Lucozade sport orange
(500mls)**
18g sugar





Ribena (500mls)
23g sugar



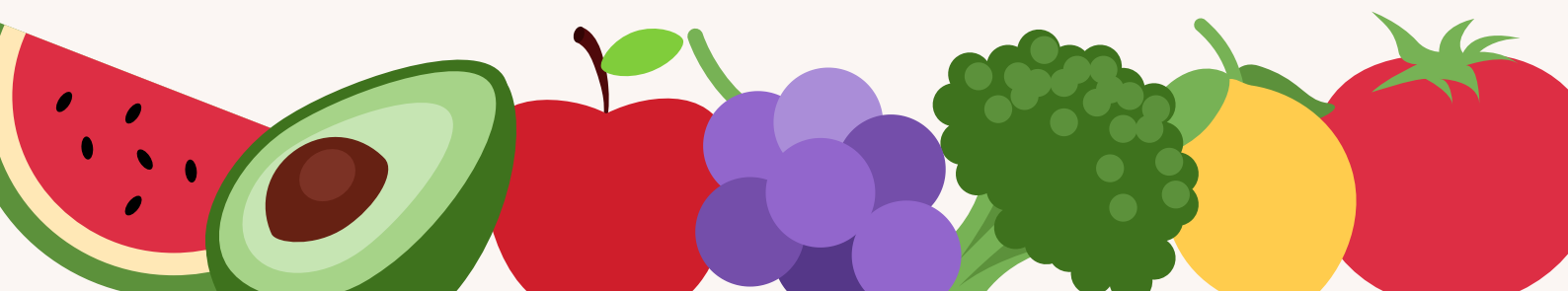
Capri-Sun (500mls)
3g sugar



**Glass sugar free cordial
diluted (250mls)**
0g sugar



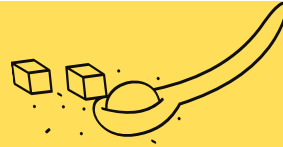
**Fanta orange
(500mls)**
40g sugar



Sugar Information Sheet

And Communicating Sugar Guidelines

Sugar Guidelines



4 - 6 year olds - 19g sugar per day (maximum)

7 - 10 year olds - 24g sugar per day (maximum)

11 + year olds - 30g sugar per day (maximum)

When discussing sugar guidelines you can also support your activity by using visual tools such as buying loose white table sugar or sugar cubes (see page 2 for weighing guide) and let the children weigh out using weighing scales the equivalent of:

- The drinks detailed in this activity
- Their favourite drinks

Remember that often a 500mls bottle of pop will often show the sugar content per half the bottle (250mls) on the food label. In reality most people consume the entire 500mls bottle or larger (1-2 litres over a day). Food label reading is key here to correctly calculate how much sugar is in their preferred drink. Part of this activity could include label reading if children are asked to bring in their recently consumed drinks bottles or as staff you could gather some physical drink bottles leading up the session.



Take home message around sugar in drinks

The healthiest drinks include water (not flavoured unless sugar free), milk and sugar free dilute juice

