

change
4 life

Sugar Smart Activity Book



Activities to encourage healthy
eating habits in young children

Song time

Sugar is in some of our favourite foods, but you can't see it because it is mixed with other ingredients.

Too much sugar is bad for our teeth and our health. Can you sing this song to tell sugar to go away?

Sing to the melody of 'Rain, rain go away'.



Sugar, sugar go away,

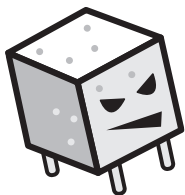
Action: wave goodbye

don't come back another day,

Action: shaking head

you're not good for our teeth,

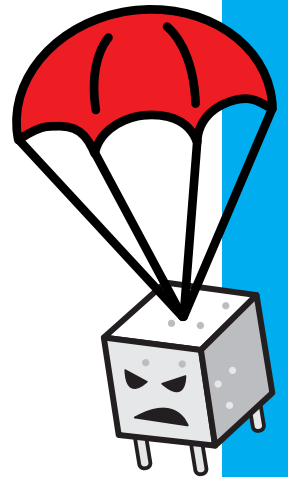
Action: point to mouth



sugar, sugar go away!



Action: wave goodbye



Let's go shopping!

Jayden is going shopping with his nan. He wants to buy food with less sugar. Can you help him choose the ones with less sugar? Have a look at the foods below.

- What has the most sugar cubes?
- What has the least?



Higher-sugar cereal



or



Shredded wholegrain cereal



Chocolate pudding pot



or



Sugar free jelly



Plain natural yoghurt

or



Higher-sugar yoghurt



Higher-sugar juice drink



or



Water

Tips for families

Look out for the 'good choice' badge in store and make a swap when you next shop.



Why not use the Food Scanner app when you are next shopping to find out how much sugar is in your food?

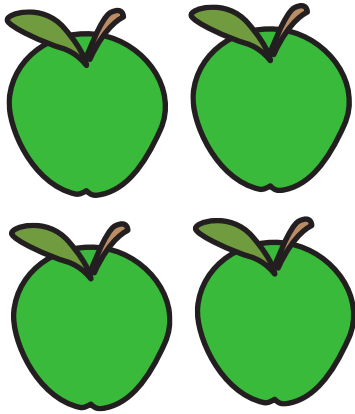
Search 'Change4Life Food Scanner' to download the app.



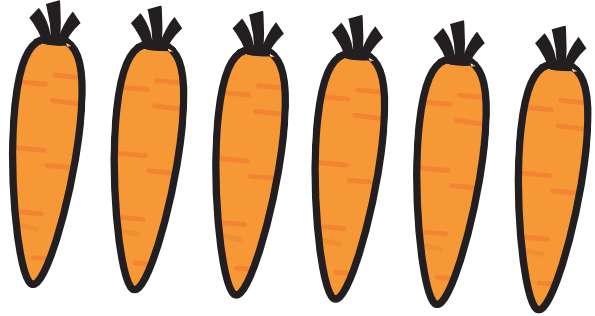
5 A Day fun!

We should eat at least 5 fruit or vegetables a day.

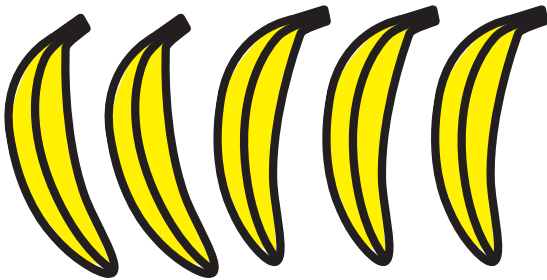
Can you count the fruit and vegetables below?



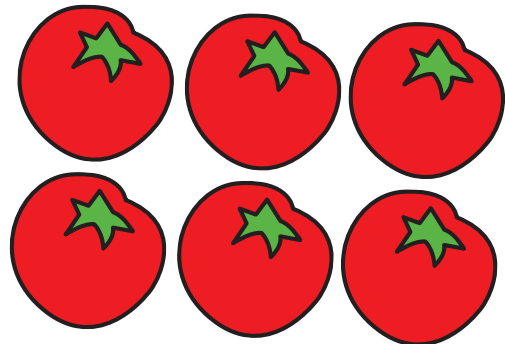
4 green apples



6 orange carrots

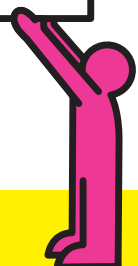


5 yellow bananas



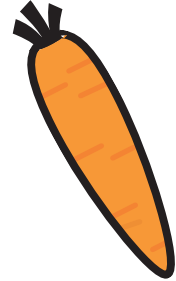
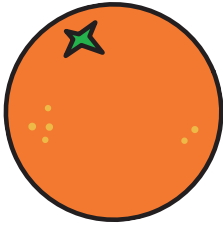
6 red tomatoes

Have you tried any of these fruits and vegetables?
What are your favourite fruits and vegetables?



5 A Day song!

Sing to the melody of 'I can sing a rainbow'.



Beans, bananas and strawberries

Grapes, carrots, plums too

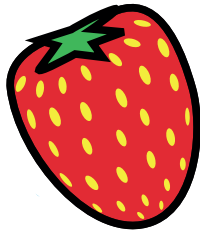


I can eat a rainbow

Eat a rainbow

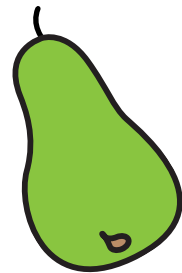


Eat a rainbow too.



Eat my five a day

Eat my five a day



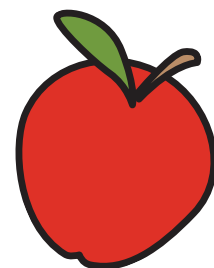
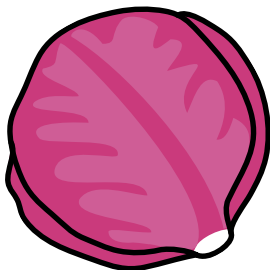
And taste every colour too



I can eat a rainbow

Eat a rainbow

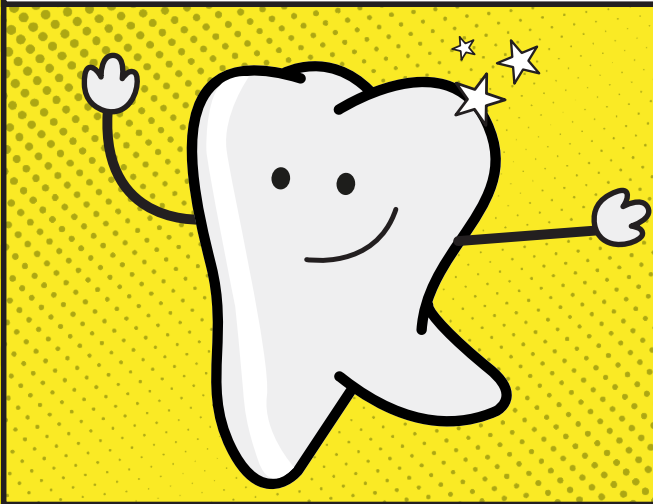
Eat a rainbow too.



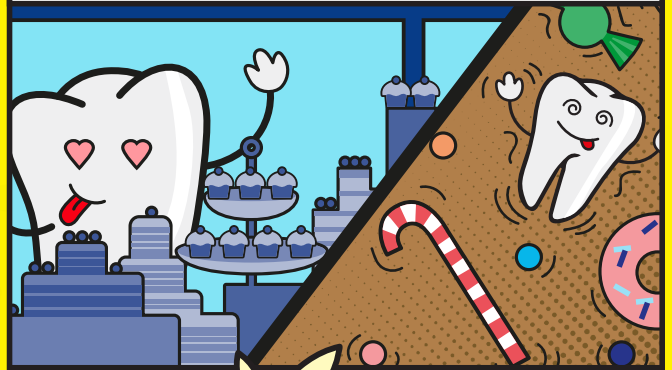
Keeping our teeth healthy

Tilly the tooth

1. Tilly was healthy and strong.



2. But she started to do things that were bad for her, like eating sweets and having too much sugar.

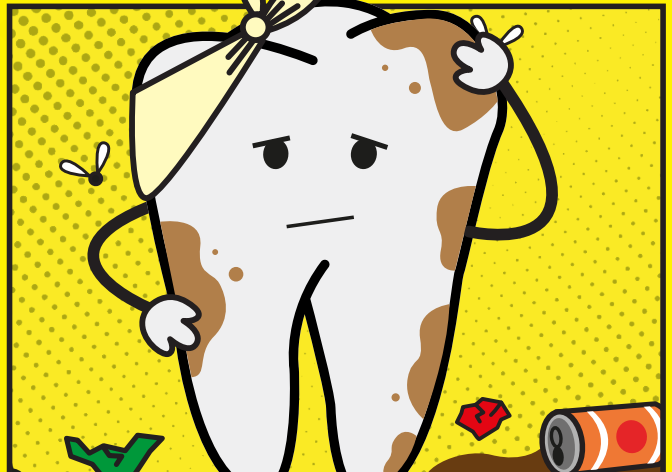


Where is Tilly?



3. Tilly did not brush twice a day or go to the dentist.

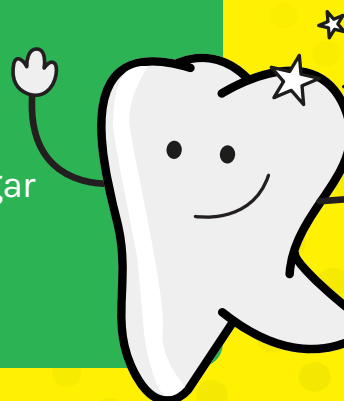
4. Can you help Tilly feel better?



Activity time

Jump up or wave your arms when you hear something that will make Tilly feel better. Sit down and shake your head when you hear something that will make her feel worse.

- Brushing twice a day
- Eating sweets
- Going to the dentist
- Drinking sugary drinks
- Swapping from high-sugar cereal to porridge or low-sugar cereals.



Song time

Sing to the melody of 'Row, row, row your boat'.



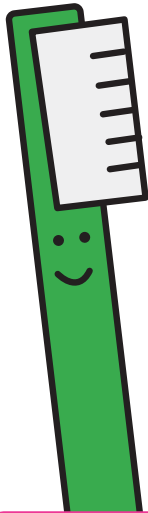
Brush, brush, brush your teeth

Brush them twice a day

Top and bottom

In between

Brush the germs away.



Why not sing this song as part of your bedtime and morning routine?

Tips for families

Sugary foods and drinks cause bacteria on teeth to produce harmful acid that rots them. This can lead to painful toothache and low confidence.

- Eat less sugar, less often. Avoid sugary foods and drinks before bedtime. Remember, they should be eaten less often and only at mealtimes.
- Start brushing with a fluoride toothpaste as soon as your child's first tooth shows itself at around six months.
- Brush teeth twice a day, once

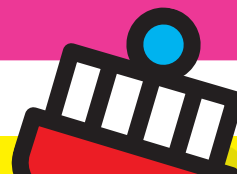
before bed and once at any other time that suits your family routine.

- Little mouths need less toothpaste. For kids under three you should use just a smear. For three to six year olds, a pea-sized amount is perfect.
- Spit, don't rinse. When you brush, your toothpaste builds a protective layer of fluoride around your teeth. If you rinse your mouth with water, you wash it all away.
- Take your kids to the dentist as soon as their first tooth starts to come through. Keep going back as often as your dentist recommends. It's free for pregnant women and all children under 18.

0-3 years



3-6 years



Top tips for families

Sugary drinks, confectionery, biscuits, cakes, desserts, higher-sugar breakfast cereals and higher-sugar yoghurts are all contributing to too much sugar in our children's diets. The good news is there's an easy way to cut down – by swapping to lower-sugar versions of our everyday foods and drinks. So find a swap when you next shop and search Change4Life for more tips and ideas!

Simple swaps to keep your family healthy

	FROM	✓	TO
Cereals			<ul style="list-style-type: none">• Porridge• Low-sugar cereals, like wheat biscuit cereal or shredded wholegrain cereal 
Yoghurts			<ul style="list-style-type: none">• Lower-sugar yoghurt• Plain natural yoghurt with fruit 
Drinks			<ul style="list-style-type: none">• Water• Lower-fat milks• Sugar free drinks• No added sugar drinks 
Puddings			<ul style="list-style-type: none">• Sugar free jelly• Lower-sugar yoghurt• Fresh or tinned fruit (in juice)• Lower-sugar rice pudding• Lower-sugar custard 

Don't forget, snacks can be sugary too. Fruit and vegetables are always the best snack, but when choosing packaged snacks, stick to two a day max.

Some puddings and yoghurts contain both free and intrinsic sugars.
All product information (sugar content and pack size) is based on Kantar data 2018.

Search **Change4Life** today for easy tips and meal ideas.