

# KS2 English activity sheet

## Sienna's day



Name: \_\_\_\_\_

Class: \_\_\_\_\_

1. Read Sienna's story, and put a **S** next to which option you think she would choose for each meal in the table below.

My name is Sienna and I'm 10. My mum says I'm a real live wire! My favourite thing at school is PE. I love running about outside.

My favourite food is anything sweet! I love cakes, chocolate and fruit. When it's hot and sunny I love eating ice cream.

I saw some chocolate breakfast cereal in the supermarket. Mum let me get some. Now I can even eat chocolate for breakfast!

What don't I like? Anything with bits in!

2. For each meal, draw a **green** circle around the healthiest choice and a **red** circle around the least healthy choice.

Time of day	Food and drink choices	
Breakfast	Sugary cereal (30g)  <input type="checkbox"/>	Wheat biscuit cereal (2 pieces)  <input type="checkbox"/>
Drink	Water  <input type="checkbox"/>	Juice drink  <input type="checkbox"/>
Morning snack	3 chocolate biscuits  <input type="checkbox"/>	Apple  <input type="checkbox"/>
Lunch	Low fat, lower-sugar yoghurt  <input type="checkbox"/>	Split pot yoghurt  <input type="checkbox"/>
After school snack	Chocolate muffin  <input type="checkbox"/>	Plain rice cakes  <input type="checkbox"/>
Dinner	Ice cream and chocolate sauce  <input type="checkbox"/>	Sugar-free jelly  <input type="checkbox"/>

## KS2 Maths activity sheet

# Sienna's sugar



Name:

Class:



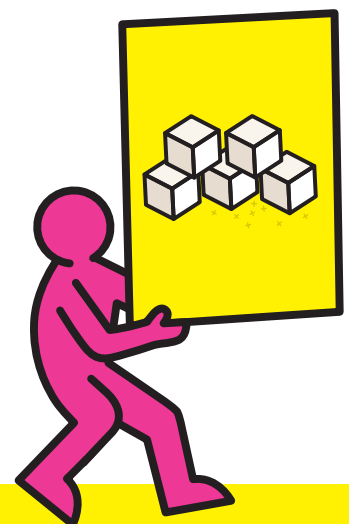
How much sugar is in each food or drink that Sienna could choose?

Find out using the Be Food Smart app or the 'How many sugar cubes?' reference sheet and complete the table below.

Breakfast	Sugary cereal (30g) <input type="text"/>	Wheat biscuit cereal (2 pieces) <input type="text"/>
Drink	Water <input type="text"/>	Juice drink <input type="text"/>
Break time	3 chocolate biscuits <input type="text"/>	Apple* <input type="text"/>
Lunch	Low fat, lower-sugar yoghurt <input type="text"/>	Split pot yoghurt <input type="text"/>
After school snack	Chocolate muffin <input type="text"/>	Plain rice cakes <input type="text"/>
Dinner	Ice cream and chocolate sauce <input type="text"/>	Sugar-free jelly <input type="text"/>

How many cubes of sugar would Sienna eat in total if she ate:

- the least healthy choice each time – \_\_\_\_\_ cubes
- the healthiest choice each time – \_\_\_\_\_ cubes
- the same choices YOU might make – \_\_\_\_\_ cubes.



\*These products contain some sugar, but you don't need to worry about the sugar in fruit or plain yoghurt, so we've given them a zero for sugar for this exercise.

## KS2 Maths activity sheet

# Portion distortion



Name:

Class:

## Breakfast portions

Complete this table to compare your 'real life' portion size with what the label suggests for an adult.

Don't forget to include the correct units!



	Suggested portion size	Cubes of sugar	My 'real life' portion size	Cubes of sugar
Cereal type				
Drink type				

## How much sugar in a week?

Complete this table to show how much more or less sugar you'd eat by choosing your 'real life' portions every day for one week and one month:

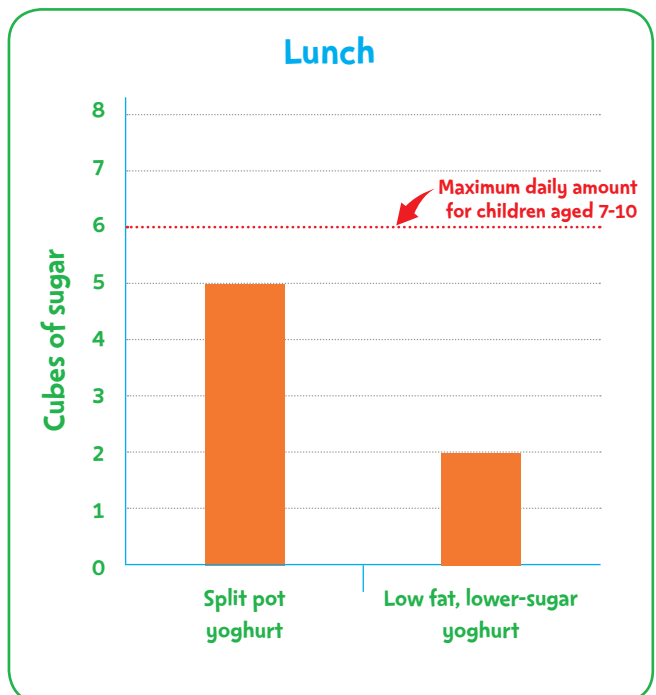
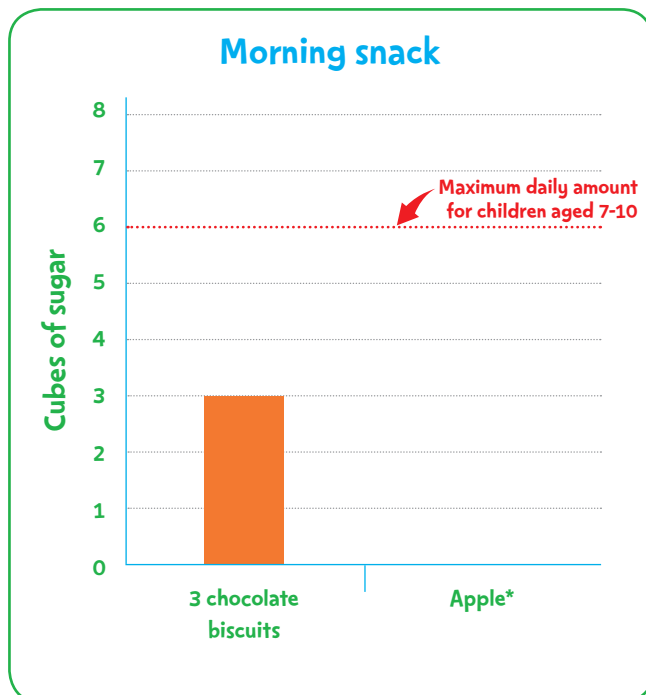
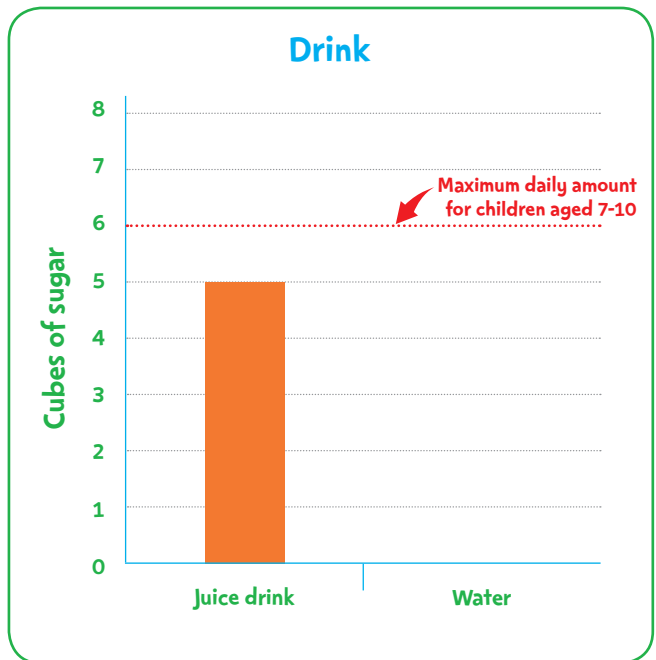
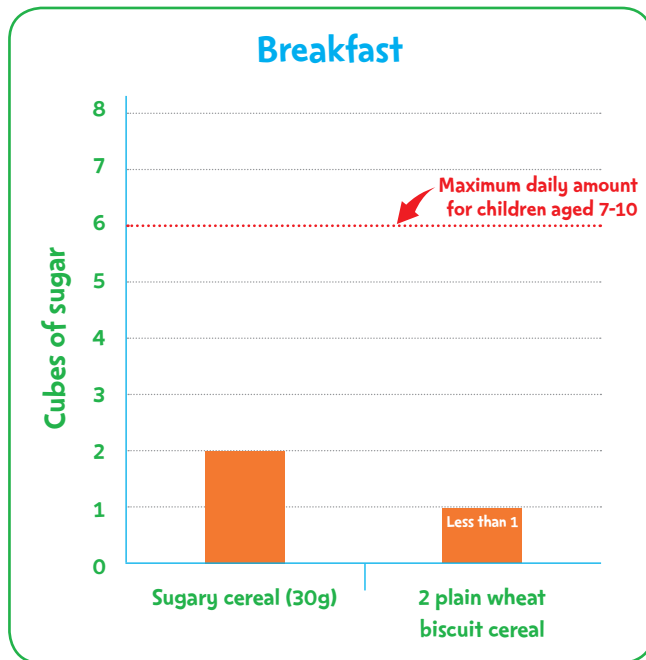
	Sugar in my 'real life' portion	Sugar in one week	Sugar in one month
Cereal type			
Drink type			

Use 30 days for one month.



# How many sugar cubes?

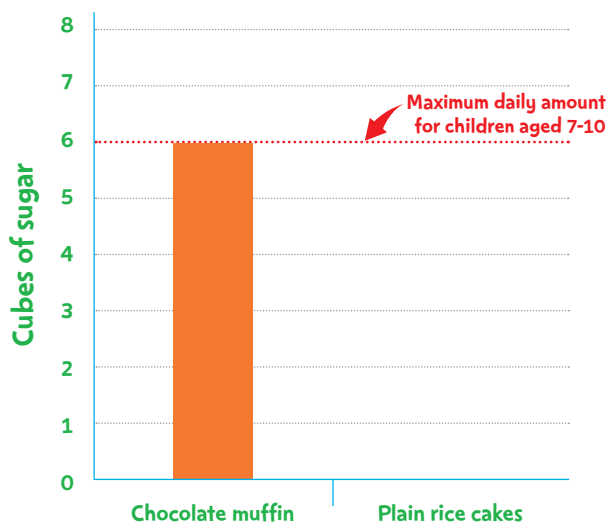
If you can't use the Be Food Smart app to complete the 'Sienna's sugar' activity sheet, use these bar charts to find out how many cubes of sugar are in each option.



\*These products contain some sugar, but you don't need to worry about the sugar in fruit or plain yoghurt, so we've given them a zero for sugar for this exercise.



### After-school snack



### Dinner

