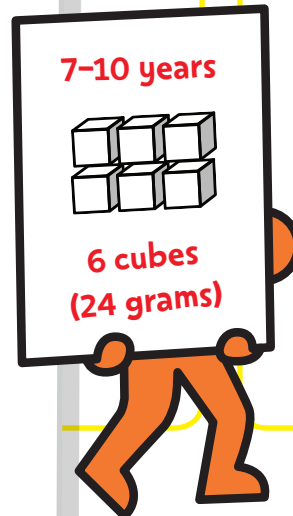


## Sentence starters

Use these starters (or your own ideas) to help you write your persuasive letter.

1. **First of all, ...**
2. **Surely, ...**
3. **Did you know ...**
4. **However, ...**
5. **The time has come to ...**
6. **How can we ...**
7. **I strongly believe ...**
8. **In conclusion ...**



## Sugar facts

Use some of these facts to make your persuasive letter stronger.

- A quarter of the sugar children have comes from sugary drinks.
- Too much sugar can cause tooth decay and lead to health problems.
- Children get a lot of their daily sugar from sugary drinks, sweets, biscuits, cakes, sugary cereals and yoghurts.
- Children are having eight sugar cubes too many each day, that's around 2,800 sugar cubes too many a year!
- You can use 'traffic light' labels to help you choose lower-sugar food and drink, or use the Change4Life Food Scanner app.
- Try to go for more greens and ambers on the 'traffic light' labels and cut down on reds!

