

Year
5

Can you help the people of Sugar Smart World? Shanice the Sherriff needs your help!

1. Show her how many sugar cubes each item contains.



The number of sugar cubes in a box is the same as $1550 - 1483$.

sugar cubes



The number of sugar cubes in a bottle is the same as $385 \div 7$.

sugar cubes



The number of sugar cubes in a pot is the same as 0.03×100 .

sugar cubes



The number of sugar cubes in a bag is the same as 10% of 50.

sugar cubes

1
= 4 grams
of sugar

2. Shanice the Sherriff is investigating this citizen's sugar intake.

An 8-year-old citizen showed Shanice how much sugar he has in a day from this food and drink:

Breakfast	Drinks
Yoghurts	Puddings

Can you help her work out the citizen's total:

a) Daily sugar cubes?

b) Daily grams of sugar?

c) Weekly sugar cubes?

c) Yearly sugar cubes?

Challenge

More than a quarter of the citizen's intake comes from sugary drinks. True or false? Prove it.

3. Can you help the citizen to reduce his daily sugar intake by making some swaps?

Circle the items that you would choose.

Breakfast	Drinks
<p>Porridge with berries</p> <p>Wheat biscuit cereal</p> <p>Shredded wholegrain wheat</p>	<p>Lower-fat milk</p> <p>No added sugar juice drink</p> <p>Water</p>
Yoghurts	Puddings
<p>Plain natural yoghurt with fruit</p> <p>Low fat, lower-sugar yoghurt</p> <p>Plain natural yoghurt with berries</p>	<p>Fruit salad in juice</p> <p>Lower-sugar rice pudding</p> <p>Sugar free jelly</p>

Year
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1
= 4 grams
of sugar

Year 5 answer sheet



The number of sugar cubes in a box is the same as $1550 - 1483$.

The number of sugar cubes in a bottle is the same as $385 \div 7$.

The number of sugar cubes in a pot is the same as 0.03×100 .

The number of sugar cubes in a bag is the same as 10% of 50.

67 sugar cubes

55 sugar cubes

3 sugar cubes

5 sugar cubes

2. Shanice the Sherriff is investigating this citizen's sugar intake.

An 8-year-old citizen showed Shanice how much sugar he has in a day from this food and drink:

Breakfast	Drinks
Yoghurts	Puddings

Can you help her work out the citizen's total:

- 23 a) Daily sugar cubes?
- 92 b) Daily grams of sugar?
- 161 c) Weekly sugar cubes?
- 8395 c) Yearly sugar cubes?

Challenge

True. Pupils might prove this by finding $\frac{1}{4}$ of 23 (5.75).

3. Can you help the citizen to reduce his daily sugar intake by making some swaps?

Circle the items that you would choose.

Breakfast	Drinks
<p>Porridge with berries Wheat biscuit cereal Shredded wholegrain wheat</p>	<p>Lower-fat milk No added sugar juice drink Water</p>
Yoghurts	Puddings
<p>Plain natural yoghurt with fruit Low fat, lower-sugar yoghurt Plain natural yoghurt with berries</p>	<p>Fruit salad in juice Lower-sugar rice pudding Sugar free jelly</p>