

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  $0.03 \times 100$ .

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
Yoghurts	Puddings

# 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  $0.03 \times 100$ .

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