

Year 6

Can you help the citizens of Sugar Smart World?

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



The number of sugar cubes in a box is the same as $335 \div 5$.

sugar cubes



The number of sugar cubes in a bottle is the same as $42.99 + 12.01$.

sugar cubes



The number of sugar cubes in a pot is the same as 0.25×12 .

sugar cubes



The number of sugar cubes in a bag is the same as $3^2 \times 2 - (15 - 2)$.

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) Sugar cubes consumed in January?
- b) Kilograms of sugar consumed in January?

Challenge

More than 20% of the citizen's sugar 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
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



Year 6 answer sheet



The number of sugar cubes in a box is the same as $335 \div 5$.

67 sugar cubes



The number of sugar cubes in a bottle is the same as $42.99 + 12.01$.

55 sugar cubes



The number of sugar cubes in a pot is the same as 0.25×12 .

3 sugar cubes



The number of sugar cubes in a bag is the same as $3^2 \times 2 - (15 - 2)$.

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:

713

a) Sugar cubes consumed in January?

2.852kg

b) Kilograms of sugar consumed in January?

Challenge

True. Pupils might prove this using fractions (e.g. comparing $\frac{9}{23}$ and $\frac{1}{5}$) or percentages.

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