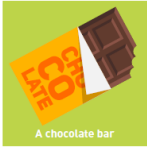




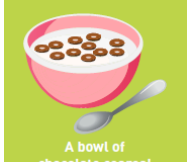


**L.O: To understand that what I eat affects my health**

SNACK	AMOUNT OF SUGAR	HEALTHIER ALTERNATIVE
 <p>An energy drink</p>	35g of sugar	
 <p>A chocolate bar</p>	15g of sugar	
 <p>A blueberry muffin</p>	30g of sugar	
 <p>A packet of sweets</p>	20g of sugar	
 <p>A plain biscuit/cookie</p>	8g of sugar	
 <p>A bowl of chocolate ice cream</p>	22g of sugar	
 <p>A chocolate biscuit/cookie</p>	15g of sugar	
 <p>A flavoured yoghurt</p>	17g of sugar	
 <p>A bowl of chocolate cereal</p>	11g of sugar	