

# Is there sugar hiding in your food?

Guess how many teaspoons of sugar each food contains. Write your answer on the line below.



doughnut

---



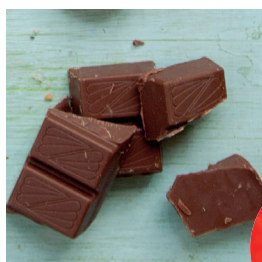
fizzy  
drink

---



granola

---



chocolate  
bar

---



curry  
sauce

---



tomato  
ketchup

---



cookie

---



salad  
dressing

---



pancake

---

These values were calculated by taking an average of the sugar content found in 3 different brands per food. We have measured in teaspoons instead of grams as it is easier for children to visualise.



doughnut

3.5 teaspoons



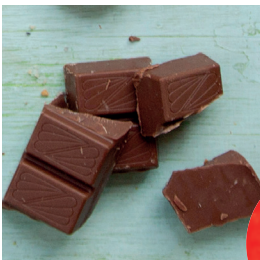
fizzy  
drink

3.1 teaspoons



granola

2.1 teaspoons



chocolate  
bar

3 teaspoons



curry  
sauce

2.75 teaspoons



tomato  
ketchup

0.6 teaspoon



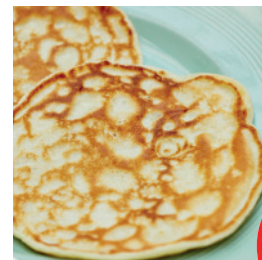
cookie

0.5 teaspoon



salad  
dressing

0.8 teaspoon



pancake

2.5 teaspoons