

SUGAR SMART BRISTOL

1. How many teaspoons of sugar are there in a can of cola or similar fizzy drink?
 - a. 2
 - b. 4
 - c. 9
2. Which breakfast is the best start to the day?
 - a. Frosted cornflakes
 - b. Porridge
 - c. A chocolate cereal bar
3. How many 11 year olds are over weight or obese in Bristol?
 - a. 1 in 2
 - b. 1 in 3
 - c. 1 in 10
4. When you are at the supermarket what should you always do?
 - a. Believe the packet, if it looks healthy it must be.
 - b. Read the labels, sugar is hidden in places you wouldn't expect.
 - c. Ignore the advice that too much Sugar is bad for you.
5. What would be a good way to reduce sugar in your diet – you can tick more than one.
 - a. Swap one sweet treat for something healthy.
 - b. Cook from scratch when you can – if you cook it, you know what's in it.
 - c. Try not to drink fizzy and sugary drinks everyday and drink water instead.

Name

Contact details to be included in the prize draw.

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