

Here is a list of food and drink. Can you guess how many teaspoons of sugar there are in each item?

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| **FOOD** | **TEASPOONS** |
| 1 500ml bottle of cola |  |
| 1 small bottle of Lucozade |  |
| McDonalds large vanilla milkshake |  |
| 300g Bag of Haribo Star Mix |   |
| 1 small carton Ribena |  |
| 150g (small) pot low fat yoghurt |  |
| 1 small bowl of Coco Pops with semi-skimmed milk |  |
| 1 small bowl of bite size Shredded Wheat with semi-skimmed milk |  |
| 1 packet of Trebor strong mints |  |
| 1 Mars bar |  |
| 1 oat cake |  |
| 1 plateful of whole wheat spaghetti |  |
| 1 tin of baked beans |  |
| Burger King large coca cola |  |

To work out the number of teaspoons of sugar in an item use the following:

* 1 teaspoon of sugar equals 4g of sugar.
* For example; an item containing 20g of sugar would have 5 teaspoons of sugar in it.
* Remember to work out the amount of sugar in the item, not just the amount per 100g. If the item you are using is 300g then you will need to multiply by 3.

**Healthy Lifestyles Sugar Quiz**



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