

# Family Literacy – Scottish Attainment Challenge

## Mentor Development Officers Activities

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| Activity Title:  | Secret Sugars  |
| Age range: | S1- S3 |
| Area of the Curriculum: | Numeracy and Wellbeing |
| Resources required: | Paper, pens/pencils and internet access  |
| Time / length of the activity: | 30 minutes + |
| Number of people required: | 1+ |
| Instructions: | Research the amount of sugar in different food types and create an awareness poster showing how much sugar is in the food.

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| Fruit  | Crisps  |
| ApplesStrawberriesGrapesKiwiBananaWater Melon  | Monster Munch Pickled OnionSalt and Vinegar Walkers Baked Tangy Cheese Doritos BBQ Pop Chips Golden Wonder KetchupCheese & Onion McCoys  |
| Chocolate  | Drinks  |
| Mars BarTwixM& M’sSnickersTerry’s Chocolate Orange Milky Bar  | WaterRed Bull Lucozade Coca-ColaIrn-Bru Milkshake  |
| Veg | Cereal |
| CarrotsPeppersSweet PotatoPeasOnionspumpkin | Corn Flakes Frosties Rice Krispies Cheerios Cookie KrispCoco Pops  |

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| Further learning | Use real sugar and measure the amount in each food and add this to your poster.  |

**For hygiene reasons please ensure you wash your hands and any objects you have been touching after you have finished the activity.**