

# 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.   |  |  | | --- | --- | | Fruit | Crisps | | Apples  Strawberries  Grapes  Kiwi  Banana  Water Melon | Monster Munch Pickled Onion  Salt and Vinegar Walkers Baked  Tangy Cheese Doritos  BBQ Pop Chips  Golden Wonder Ketchup  Cheese & Onion McCoys | | Chocolate | Drinks | | Mars Bar  Twix  M& M’s  Snickers  Terry’s Chocolate Orange  Milky Bar | Water  Red Bull  Lucozade  Coca-Cola  Irn-Bru  Milkshake | | Veg | Cereal | | Carrots  Peppers  Sweet Potato  Peas  Onions  pumpkin | Corn Flakes  Frosties  Rice Krispies  Cheerios  Cookie Krisp  Coco Pops | |
| 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.**