**Leader Instructions**

**Step 1**

Print off the Fats and Sugar Portions as well as printing off the Food-Drink Items – **make sure when printing the Food-Drink Items it prints as double sided**.

You can print as many copies as you wish – it is the leader’s choice whether they want people working on their own, in pairs, or groups (normally best to do it in groups to create discussion)

**Step 2**

Cut up both the Fats and Sugar Portions and the Food-Drink Items.

**Step 3**

Explain the task.

Participants should try to match the amount of sugar and amount of fat that they believe each of the Food-Drink Items contain (one sugar and one fat portion per item). There should be one fat and one sugar portion left over (this will make sense when looking at the answer sheet).

Give the participants as long as you feel necessary to complete the task, and when finished, ask the participants for feedback on their answers. Go through the answers using the answer sheet provided. Highlight the amount of fat and sugar which is in the items they may eat on a daily basis.

Ask participants if they are aware of any health risks due to consuming foods high in fat and sugar. (e.g. obesity, diabetes, heart problems, increased risk of cancer tied to obesity) This can be done on flipchart paper.

**Step 4**

Ask participants to write down on a piece of flipchart paper healthier foods which could replace the foods high on fat and/or sugar in front of them.

This could be specific types of fruit or vegetables, water, brown bread, brown pasta, brown rice (anything which is wholemeal) etc.