

The Importance of a Good School Food Culture

Sugar Activity: Supporting Materials

Running the Activity

This activity can be useful as an ice-breaker at the beginning of the session to gauge the existing level of awareness amongst your audience. For example, if participants are able to accurately guess the number of sugar cubes in each of the drinks, it may be suitable to spend less time on the first section, summarizing why a good school food culture is so important, and more time on the case study analysis and action planning.

The aim of the activity is to identify the amount of sugar that is in a number of common drinks. Ask participants to rank the drinks, from lowest to highest, based on the number of cubes of sugar in each. For the purposes of this activity, 1 cube of sugar is equivalent to 4 grams. The images on the slide and the page below are listed in no particular order with regards to their sugar content.

Make the group aware that it is the total sugar in the product that is important, so the portion size of the drinks will have an impact. Also tell the group that even unsweetened fruit juice is sugary, but that a 150ml serving counts as one of your 5-a-day

The activity can be run in three ways:

Option 1: Using the first two presentation slides, ask the whole group to guess the order in which the drinks should appear and the number of sugar cubes in each. Then reveal the answers on the final slide

Option 2: Using the sheet provided below, ask the group to write the order and the number of sugar cubes above each image. Then reveal answers on the final slide.

Option 3: If you wish to run a more kinesthetic version of the activity and have sufficient time to prepare, provide the group with empty containers for each of the drinks listed along with a number of sugar cubes.

Once groups have guessed and the answers have been revealed, you may wish to emphasise a few key points:

1. Do participants find the order surprising?
2. Are some or all of these products available in their school and do pupils often choose them?
3. What more can they do to promote water as the 'drink of choice', as in the School Food Plan

Additional Materials

If you choose to run this exercise as option 2, then each group will need:

A copy of the page below

If you choose to run this exercise as option 3, then each group will need:

An empty container for each of the drinks listed
Sugar cubes (x 77 in total)





500ml



500ml



150ml



288ml



400ml



250ml



288ml



200ml



380ml



150ml