

Visit from Gary Wilson and Karen Pearson Wednesday 12th June



Gary Wilson and Karen Pearson held workshops for children from Reception to Y5. They discussed the issue of added sugar in our drinks and snacks. Children found out that their daily allowance of added sugar was the equivalent of 5 sugar cubes for 4-6 years old, 6 sugar cubes for 7-10 year olds and then only 7 cubes for ages 11+.

The children then estimated how much sugar went into our everyday snacks and were quite shocked to find out the results. Some examples were 13 cubes in a bottle of Coca Cola, 14 cubes in a can of Monster and even 3 cubes in lemon flavoured Volvic water!

It was quite an eye-opening workshop which encouraged some good discussions. The children are beginning to realise that water, milk, fruit and vegetables have no added sugar or naturally occurring sugars. These can be part of our daily snacks whereas those snacks and drinks with lots of added sugar in should be enjoyed as a treat every once in a while.