

Sugar Awareness Webinar



Niki Andrews & Lydia Murphy December 2025



Eatwell Project Introduction

- ▶ **Niki Andrews**- Eatwell Project Lead
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- ▶ **The Eatwell Project**
- ▶ Since 2016 The Eatwell project has been part of Let's Dine which delivers school lunches to most of the primary and special schools and some secondary schools in the borough of Telford & Wrekin. The Eatwell project not only supports schools but the community as well, this is funded by Family Hubs.

Sugar Awareness Webinar- Aim and Objectives

Aim:

- ▶ This session will upskill your knowledge on sugar and its prevalence in everyday items.

Objectives:

- ▶ What is sugar and what you need to know about it.
- ▶ Learn about the NHS Food Scanner app to explore how much sugar is in our food.
- ▶ Increase confidence to deliver to children.



Where Does Sugar Come From?



- ▶ Sucrose is the crystallised white sugar we know as regular table sugar. It's what you see in your sugar bowl and it's used for baking too.
- ▶ Around 80% of the world's sugar is produced from sugar cane and around 20% is produced from sugar beet.
- ▶ **Sugar cane** is a tall, tropical grass. It looks like bamboo.
- ▶ Most of the world's sugar cane is grown in tropical and subtropical countries.
- ▶ **Sugar beet** is a large pale brown root crop. It looks like a large parsnip.
- ▶ We grow sugar beet in the United Kingdom and in parts of Europe. The climate is more suitable.
- ▶ Sugar has no nutritional value.



Sugar Cane. Source: Britannica

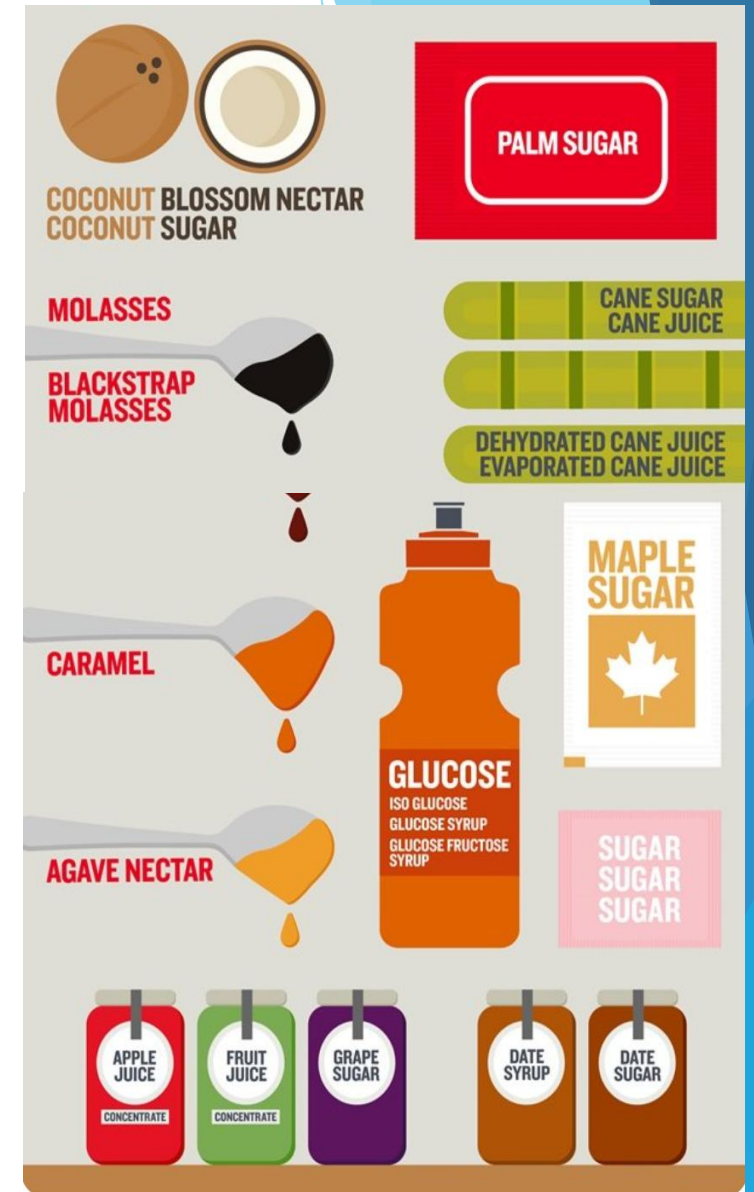
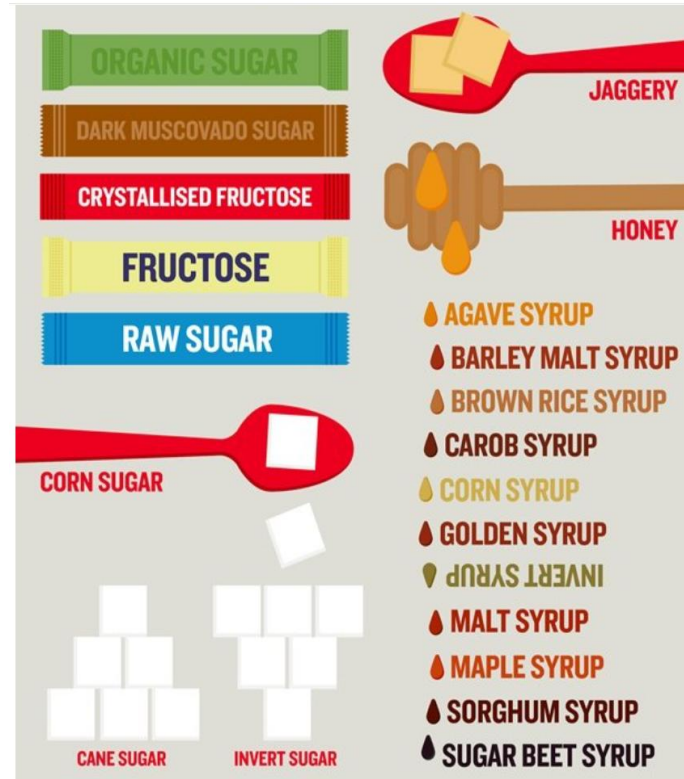


Sugar Beet. Source: NFU

Sources: (European Commission, NFU, Britannica)

50 Names For Sugar

You might see these on ingredient labels, but don't be fooled by their different names. They are all types of sugar, and too much added sugar is bad for your health.



Please note that the ingredients are in descending order, largest placed first in the ingredients list.

Different Types Of Sugars

- ▶ Sugar found naturally in fruit and vegetables, plain yogurts and plain milk do not count as “free sugars” and we do not need to cut down on these.
- ▶ The type of sugars most children and adults in the UK eat too much of are called “free sugars” or sometimes referred to as added sugars.

These are:

- ▶ Any sugars added to food or drinks, which could be added at home, by a chef or cook, or by the food manufacturer. Examples include sugars in breakfast cereals, flavoured yogurts, chocolate, biscuits and fizzy drinks.
- ▶ Sugars in syrups (such as golden, maple and agave), honey, smoothies and vegetable juices. Although these sugars can occur naturally, they’re still classed as “free sugars”.
- ▶ Remember that fruit juices and smoothies should be limited to no more than a combined total of 150ml a day as they contain free sugars because the fruit has been puréed or juiced, so it can damage your teeth. Puréed fruit counts as a free sugar.



Recommended Daily Amounts of Free Sugars:



The Government recommends that free sugars should not make up more than 5% of the energy (calories) you get from food and drink each day, so their maximum recommended daily amounts of sugar are:

Group	Max Free Sugars per Day	Approx. Sugar Cubes
Adults and children 11 +	30 g	7 cubes
Children aged 7–10	24 g	6 cubes
Children aged 4–6	19 g	5 cubes
Children aged 2–3	14 g	3.5 cubes
Children aged 1	10 g	2.5 cubes
Babies under 1	No guideline (avoid adding sugars)	—

One teaspoon of sugar is 4g. That's equal to one sugar cube.

There are no official guidelines for sugar intake in babies under one year, but added sugars should not be included in their food or drinks.

Source: NHS

The NHS Food Scanner App:



**Download the free
NHS Food Scanner
app**

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

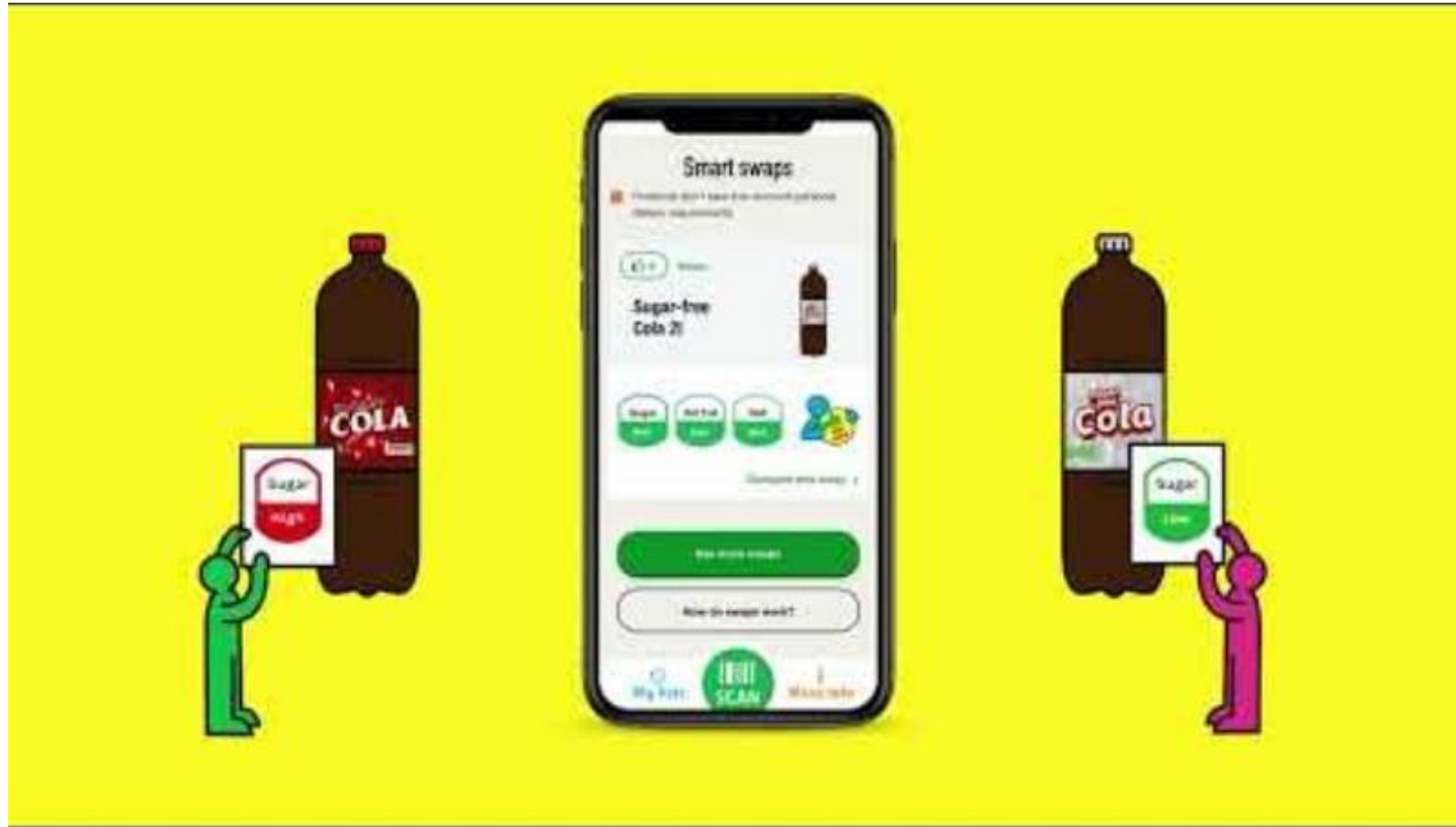
It's as easy as scan, swipe, swap!



The nutrient data provided in the app is supplied by Brandbank and FoodSwitch

Source: NHS-Healthier Families

The NHS Food Scanner App Video Clip



“Avoid artificial sweeteners as they may encourage children to prefer very sweet foods”

Source: Early Years Foundation Stage Nutrition Guidance.

Sugar Quiz



Food Item	Guess how many sugar cubes are in each food item? (Choose an answer between 0-30)
Kellogg's Frosties (30g in bowl)	?
Kellogg's Strawberry Fruit Winder (17g)	?
Nutella (4 level teaspoons)	?
Nestle Smarties Split Pot Yoghurt (107g)	?
Coco Cola Bottle (500ml)	?
Skittles Giants Bag (132g)	?



One teaspoon of sugar is 4g. That's equal to one sugar cube.

Actual number of sugar cubes are rounded to the nearest whole number.

Group	Max Free Sugars per Day	Approx. Sugar Cubes
Adults and children 11 +	30 g	7 cubes
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Children aged 4-6	19 g	5 cubes
Children aged 2-3	14 g	3.5 cubes
Children aged 1	10 g	2.5 cubes
Babies under 1	No guideline (avoid adding sugars)	—

Sugar Quiz Answers

Food Item	Actual number of sugar cubes after using the food scanner app	Running Total of sugar cubes after using food scanner app
Kellogg's Frosties (manufacturer serving suggestion of 30g)	3	3
Kellogg's Strawberry Fruit Winder (17g)	2	5
Nutella (4 level teaspoons)	8	13
Nestle Smarties Split Pot Yoghurt (107g)	4	17
Coco Cola Bottle (500ml)	13	30
Skittles Giants Bag (132g)	25	55



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Healthier Food Swaps

Swap From	Swap To
Kellogg's Frosties (30g in bowl)	Wheat biscuit cereal, shredded wholewheat cereal, or plain porridge
Kellogg's Strawberry Fruit Winder (17g)	Slice of malt loaf, plain rice cakes, crumpet or toast with lower fat spread, wholewheat crackers with lower-fat cheese, a portion of fruit, or chopped vegetables with hummus.
Nutella sandwich (4 level teaspoons with two slices of bread)	Homemade soup with wholemeal bread, or healthier sandwich options. Examples could include lower-fat cheese sandwich with salad, or hummus wrap with salad, or tuna pasta with sweetcorn and a low-fat dressing.
Nestle Smarties Split Pot Yogurt (107g)	Plain low-fat yogurt with frozen, tinned, fresh, or dried fruit. Low fat/sugar rice pudding.
Coco Cola Bottle (500ml)	Water, sugar-free drinks, or water with added fruit, vegetables or herbs, lower-fat milks.
Skittles Giants Bag (132g)	Portion of fruit/vegetables. Scotch pancake. Plain popcorn.

- ▶ Simple food swaps help to reduce sugar, salt, and fat in the diet. Check traffic light labelling - Go for greens and ambers.

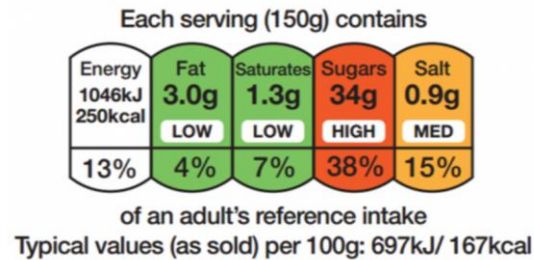
Source: NHS.

Food Labels- Traffic Light Labelling

This image of a traffic light label can be found on some food packaging. The colour coding shows us that **red is high** in a nutrient, **amber means medium** and **green is low** in a particular nutrient.

- ▶ Voluntary, but many food manufacturers and supermarkets use traffic light labelling.
- ▶ They can help you make healthier choices.
- ▶ Try to go for more greens and ambers and less reds.
- ▶ Be aware that manufacturers and supermarkets choose the portion size they use in the traffic light labelling system.
- ▶ Generally, the daily reference intakes on packaging are based on adults rather than children.
- ▶ If you're unable to download the NHS Food Scanner, you can look at the carbohydrates 'of which sugars' in the nutritional table.
- ▶ Remember that "free sugars" and naturally occurring sugars are part of the "total sugars" listed on food labels.

Sources: (FSA, BNF, NHS)



Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

Total Fats

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

The Effects Of Too Much Sugar

- ▶ Eating too much sugar can add extra calories, which may cause weight gain.
- ▶ Being overweight increases your risk of health problems, such as heart disease, type 2 diabetes and some cancers.
- ▶ One of the main causes of tooth decay is sugar.
- ▶ Tooth decay occurs when sugar from drinks and food interacts with bacteria in tooth plaque, resulting in acid production which can cause cavities (holes in teeth).
- ▶ Sugars found naturally in fruit and vegetables are contained within the structure, but when they are blended into a smoothie, juiced or puréed, these sugars are released and can damage teeth.
- ▶ To reduce the risk of tooth decay, limit smoothies and juices to a combined total of 150ml a day from 5 years old and consume with meals. These drinks are not recommended for under 5s.
- ▶ Swap any sugary drinks for water, sugar-free drinks and lower-fat milk (Skimmed or 1% fat milk is not recommended as a main drink for children under 5 because it doesn't contain enough fat but can be used in cooking from the age of 1).



Source: Department for Education.

Sources: NHS and Department for Education.

The Effects Of Too Much Sugar On Teeth

- ▶ Although largely preventable, tooth decay remains a significant health concern among children.
- ▶ “The Public Health England oral health survey of 3-year-old children 2020” and “The Office for Health Improvement and Disparities oral health survey of 5-year-old children 2024” found that in England:
 - ▶ More than a fifth of 5-year-olds have tooth decay, with an average of 3 to 4 affected teeth per child.
 - ▶ 11% of 3-year-olds have visible tooth decay, typically affecting 3 teeth.
 - ▶ The prevalence of tooth decay is higher in children from more deprived backgrounds.
 - ▶ Tooth decay was the leading cause of hospital admissions among children aged 5 to 9 years.

Source: Department for Education.

Change4Life Sugar Boy Video Clip:



Source: Better Health Families [Change4Life Sugar Boy](#) - YouTube


Links to Online Sugar Awareness Resources:


- ▶ [British Nutrition Foundation: Sugar and nutrition | British Nutrition Foundation](#)
- ▶ [Department of Education – Oral Health: Help for early years providers : Oral health](#)
- ▶ [Early Years Foundation Stage Nutrition: Early Years Foundation Stage nutrition - GOV.UK](#)
- ▶ [NHS: Sugar: the facts – NHS](#)
- ▶ [NHS Better Health: NHS Food Scanner app - Healthier Families - NHS](#)
- ▶ [NHS Better Health: Reducing sugar - Food facts - Healthier Families – NHS](#)
- ▶ [Save Kids From Sugar: Healthy Snacks, Healthy Recipes, Sugar Free Diet - Save Kids from Sugar](#)
- ▶ [School Food Standards: School food standards: resources for schools - GOV.UK](#)
- ▶ [School Zone – Campaign Resource Centre: School Zone | Campaigns | Campaign Resource Centre](#)

Sugar Awareness Teaching Plan Example:

Sugar Awareness Session Key Stage 2 (1 Hour Session)		
Aim of Session	Children to understand why too much sugar is not good for their health and how much is too much.	
Objectives	<ul style="list-style-type: none"> What is sugar and what you need to know about sugar Discuss the maximum recommended daily amounts of free (added) sugar Using the NHS Food Scanner app explore how much sugar is in our food Discover how too much sugar affects children's health 	
Time	Activity	Resources
2 mins	Session introduction	
15 mins	<p>What is sugar & where does it come from?</p> <ul style="list-style-type: none"> Kids are having too much free sugars Kids are getting most of their sugar allowance from unhealthy snacks and sugary drinks How much is too much sugar (sugar cubes/tsp/grams) What you need to know about natural and free sugars Discuss the traffic light labelling system Different names used for sugar on food labels 	Refer to the Eatwell Sugar Awareness Webinar PowerPoint presentation
30 mins	<p>A typical day in the life of a child's eating,</p> <ul style="list-style-type: none"> Explore the sugar content in a breakfast cereal, morning snack, lunchbox, going home treats including drinks using packaging barcodes, food scanner and by completing the sugar quiz. Count the amount of sugar in each food item into the pint glass, use the other glass to keep a running total of all the sugar consumed, make a note on flipchart Explore healthier swaps as you go through the different foods with the children Compare how much free sugar the government recommends to how much is the pint glass at the end 	<p>NHS food scanner app downloaded onto school iPads, interactive board connected to iPad for mirroring, printed sugar quiz.</p> <p>Flip chart & pens, sugar, teaspoon and 2 x 1pint glasses, Food packaging to be scanned</p>
13 mins	<p>Conclusion</p> <ul style="list-style-type: none"> How too much sugar affects children You can change and make a difference for your future Download the NHS Food Scanner The sugars that scan include total sugars, not just free sugars Traffic light labelling on packaging How to work out sugars without the scanner 	Refer to the Eatwell Sugar Awareness Webinar PowerPoint presentation



Sugar Quiz Template 			
Food Item These are examples	Guess how many sugar cubes in each food item?	Actual number of sugar cubes after using the food scanner app	Running Total after using food scanner app
Kellogg's Frosties (30g in bowl)			
Kellogg's Strawberry Fruit Winder (17g)			
Nutella (4 teaspoons)			
Nestle Smarties Split Pot Yoghurt (107g)			
Milky Way Bar (21.5g)			
Ribena Juice Drink Carton (250ml)			
Coca Cola Bottle (500ml)			
Skittles Giants Bag (132g)			
Ben and Jerry Caramel Chew Chew Ice Cream Tub (424g)			

Sugar Quiz Template 			
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Sources

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- ▶ [Department for Education. 2025: Help for early years providers : Oral health](#)
- ▶ [European Commission. Agriculture and rural development 2025. Sugar- Overview: Sugar - Agriculture and rural development - European Commission](#)
- ▶ [Food Standards Agency \(FSA\). 2020: Check the label | Food Standards Agency](#)
- ▶ [NHS. 2022: Food labels – NHS and \[NHS. 2022: The Eatwell Guide – NHS.\]\(#\)](#)
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- ▶ [NFU. 2025. All you need to know about the sugar beet industry: All you need to know about the sugar beet industry – NFUonline](#)

Thank you

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