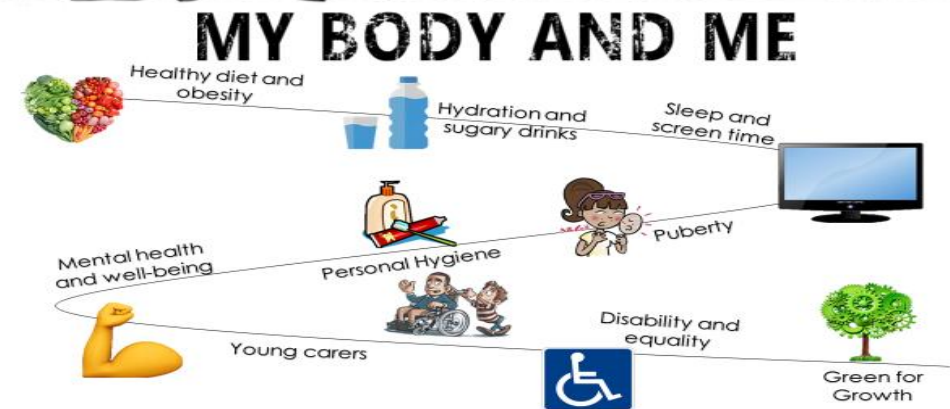


# CITIZENSHIP



What will we study in our Y7 unit  
**My Body and Me?**



**CITIZENSHIP**

Do you know how much sugar is  
in the drinks that you consume?  
Let's have a go...

# CITIZENSHIP

0g

2.2g

27.5g

30g

34.7g

35g

43.6g

46g



How much sugar are in these drinks?

Task: Match the sugar contents with the correct drinks.

Do you regularly consume any of these drinks?

Did you know...

- Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes)?
- Children should have no more than 25g of free sugars a day (6-7 sugar cubes)?



# CITIZENSHIP



0g



2.2g



27.5g



30g



34.7g



35g



43.6g



46g

- ☐ How many did you get correct?
- ☐ Did any of them shock you?



# CITIZENSHIP

Over to you! Have a look in your kitchen cupboards at the sugar content in some of the foods you regularly eat. Is this in keeping with your 25g a day allowance?

There are labels containing nutrition information on the front of some food packaging. Products are considered to either be high or low in sugar if they fall above or below the following thresholds:

- ❑ High: more than 22.5g of total sugars per 100g
- ❑ Low: 5g or less of total sugars per 100g



Each serving contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
977KJ 235kcal 12%	15.7g HIGH 22%	1.7g MED 9%	4.3g LOW 5%	0.72g MED 12%

% of an adults reference intake.

Typical values per 100g: Energy 1117kJ/269kcal

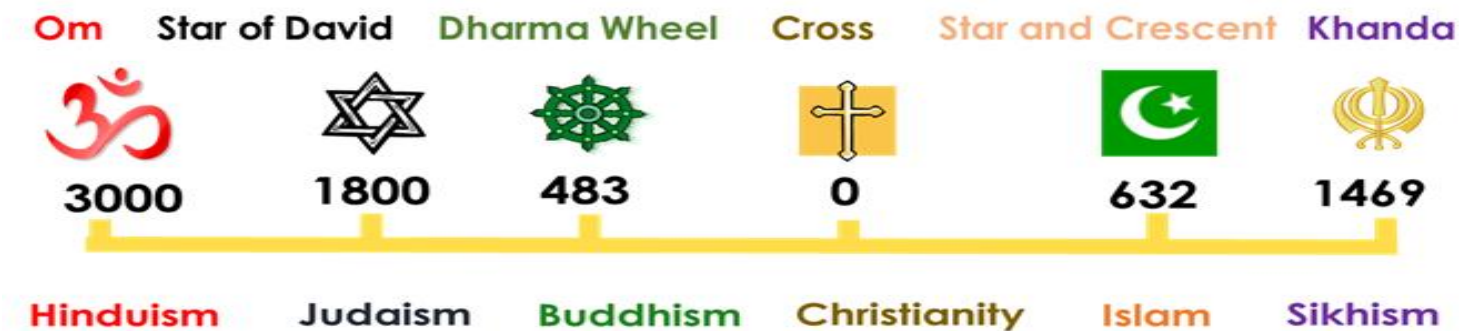
**Remember keeping to your sugar allowance promotes good dental hygiene, a healthier weight, better sleep and concentration!**



# RELIGION AND ETHICS

Remember, as part of RCS we study 50% Citizenship Studies and 50% Religious Studies! Let's have a look at our next task...

In RCS, we learn about each of the six major religions. Can you recreate the symbols for these religions of using only household items?



Here are some ideas...



Paper plates or cups?

Pasta or rice?



Wool or other craft items?

