



# Sugar Smart Promise



The **Spying on Sugar** sheet will help you complete your homework.

Too much sugar is bad for your health. It may cause...

1.

2.

3.

My daily sugar limit is ..... cubes.

I, ..... promise to swap...  
(write your name on the dotted line)

SWAP!

..... cube(s) of sugar

Lower-sugar item



# Sugar Smart Family Promise



Your child has been learning about sugar in food and drinks at school. They are promising to make a swap to a healthier option. Why not join them and make your own Sugar Smart Promise? There is plenty of inspiration on the [Spying on Sugar](#) sheet, or search Change4Life.

I, ..... promise to swap...  
(write your name on the dotted line)

**SWAP!**

.....  
cube(s) of sugar

Lower-sugar item

I, ..... promise to swap...  
(write your name on the dotted line)

**SWAP!**

.....  
cube(s) of sugar

Lower-sugar item