

FOOD



Have a look at all the different drinks below - do you think you know which ones are healthier than the others?

Rank them in order of 1 (most healthiest) to 12 (least healthiest)

		Capri-Sup ARMAE	éviar	FOOD THAT'S	Troopen and the second se	Ribera Ribera Beckarene Terretaria
330ml Fanta	500ml Oasis	200ml Capri Sun	500ml Bottle of	500ml McDonalds	300ml Tropicana	200ml Ribena
SSOIMTAILLA	Summer Fruit	Carton	Water	Happy Meal Milkshake	Orange Juice	Blackcurrant Carton
Rank -	Rank -	Rank -	Rank -	Rank -	Rank -	Rank -

			Doleic Longitude	Rect Bull
200ml Blackcurrant & Apple Fruit Shoot	440ml Drench Juicy Spring Water	500ml Frijj Chocolate Milkshake	380ml Volvic Touch of Fruit Water	250ml Red Bull
Rank -	Rank -	Rank -	Rank -	Rank -



## Sugar - Good or Bad?



Here are the rankings, we have also shown how many teaspoons of sugar are in each drink -

## you should have no more than 6 per day in everything you eat and drink!

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330ml Fanta	500ml Oasis Summer Fruit	200ml Capri Sun Carton	500ml Bottle of Water	500ml McDonalds Happy Meal Milkshake	300ml Tropicana Orange Juice	200ml Ribena Blackcurrant Carton
10½ Teaspoons	5 Teaspoons	5 Teaspoons	0 Teaspoons	14 Teaspoons	7 Teaspoons	5 Teaspoons
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200ml Blackcurrant & Apple Fruit Shoot	440ml Drench Juicy Spring Water	500ml Frijj Chocolate Milkshake	380ml Volvic Touch of Fruit Water	250ml Red Bull
1/2 Teaspoon	7 Teaspoons	13 Teaspoons	7 Teaspoons	7 Teaspoons