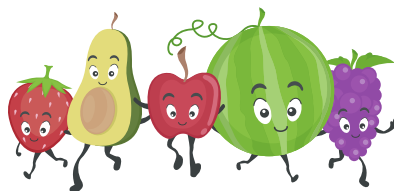


# Sugar Free September Schools Challenge

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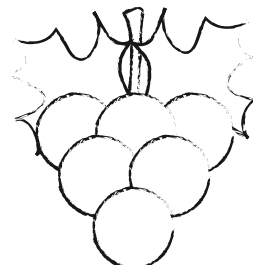
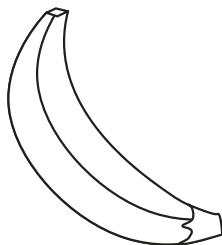
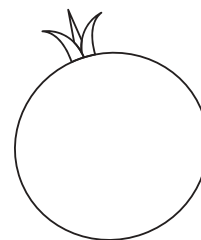
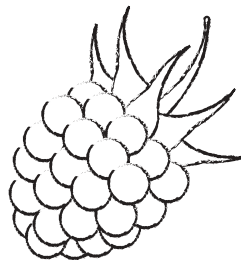
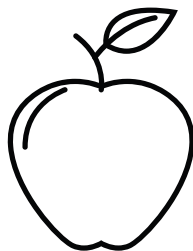
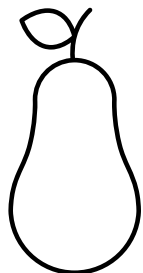


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Word Match

Cut and paste the name of the fruit and then write it again below. Colour the in the fruits.



tomato

berry

grapes

banana

apple

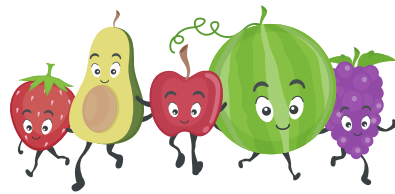
pear

cherry

pineapple

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Find a word



APPLE

CAPSICUM

ORANGE

RASPBERRIES

BANANA

CARROT

PASSIONFRUIT

STRAWBERRY

BEANS

CAULIFLOWER

PEACH

TOMATO

BLUEBERRIES

LETTUCE

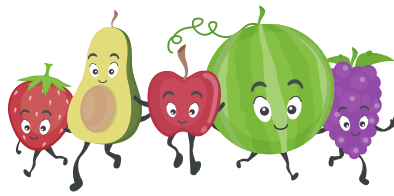
PEAR

WATERMELON



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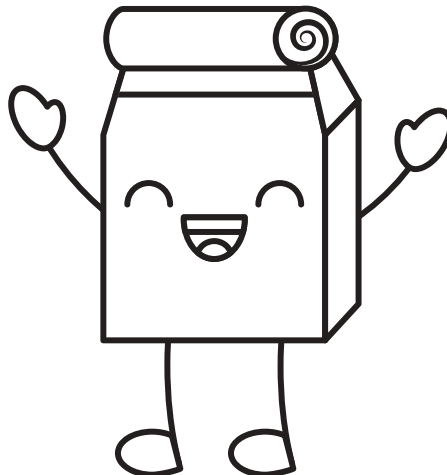
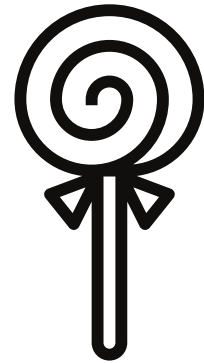
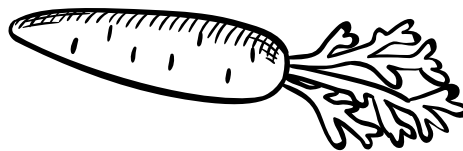
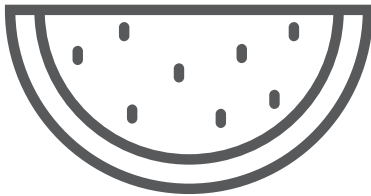
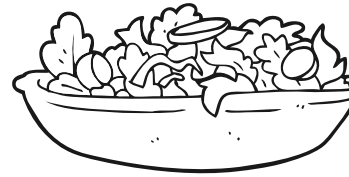
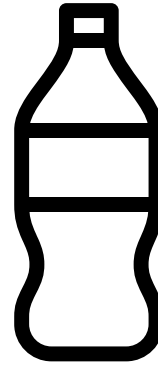
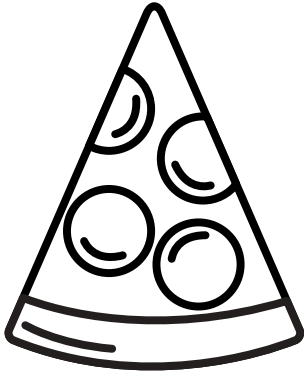
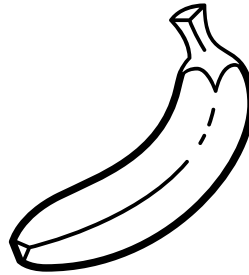
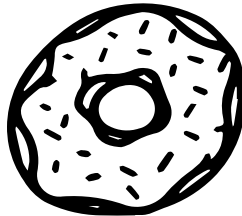
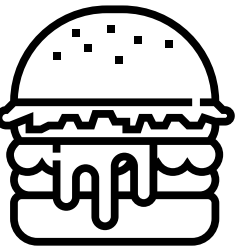


Name: \_\_\_\_\_

Date: \_\_\_\_\_

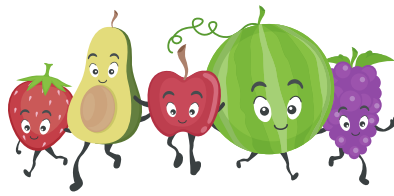
## Healthy Lunch

Draw lines and colour in the healthy foods to pack yourself a healthy lunch.



# Sugar Free September Schools Challenge

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Apple and Banana Muffins

### Ingredients

- 2 apples peeled and grated
- 150 g butter
- 2 medium ripe bananas
- 1 ½ cups wholemeal self raising flour
- 2 eggs
- 2 tsp baking powder

### Equipment

- Paper cases
- Fork
- Muffin tray
- Bowl
- Mixing spoon
- Saucepan



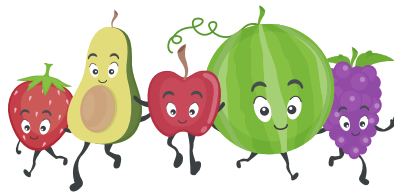
### Instructions

1. Preheat oven to 180°C.
2. Line a muffin tray with paper cases.
3. Put apple and butter in a saucepan and cook for 5 minutes or until soft.
4. Peel and mash bananas with the back of a fork (the riper the bananas the better).
5. Mix all the ingredients together in a bowl.
6. Spoon the mixture into the paper cases and bake for 20 minutes.
7. Allow to cool before serving.

Source: <https://www.healthymummy.com/recipe/kids-sugar-free-lunch-box-muffins/>

# Sugar Free September Schools Challenge

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Fruit Kebabs

### Ingredients

- Banana
- Strawberries
- Kiwi fruit
- Watermelon (adult to pre-cut)
- Grapes
- Blueberries

### Equipment

- Skewers
- Plastic serrated knives
- Chopping Board
- Shape cutters
- Paper towel



### Instructions

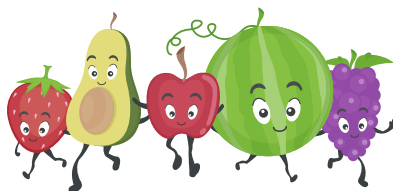
1. Soak skewers in water for 5 minutes and leave to dry on a paper towel.
2. Wash strawberries, blueberries and grapes under water.
3. Cut the top off the strawberries.
4. Peel and cut banana and kiwi fruit.
5. Press shape cutters into pre-cut watermelon pieces.
6. Push fruits onto the skewer.
7. Eat and enjoy!

### Adjustments

- Other fruits may be used for personal preferences. Apple, pineapple and rock melon can also be cut with shape cutters.
- instead of using shape cutters you may choose to simply cut the fruit.

# Sugar Free September Schools Challenge

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Superhero Smoothie

Create a healthy smoothie made for a superhero. Write the recipe details below.

Ingredients

Equipment

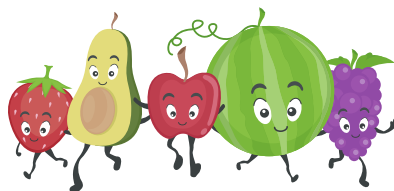
Instructions

Draw the three main steps of your your instructions below.



# Sugar Free September Schools Challenge

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Sugar Passage

Read the passage and find the missing words that best fit in each sentence.  
Use the words list for clues.

fruit	delicious	24 grams	
sugar	Doctors	serious	nutrients
sugary	health	diet	

### High Sugar: Children eating too much sugar

by Twinkl NewsRoom Team

How much chocolate, cake or pudding did you eat last Christmas? They're ..... holiday treats but experts warn that children are eating far too much sugar.

The average ten-year-old will have already eaten more ..... than is recommended for the first 18 years of their life, a new report claims.

This is the same as an extra eight sugar cubes each day. .... are worried about the impact all this extra sugar will have on children's health.

The report comes from Public Health England, a part of the UK government which focuses on improving people's .....

It recommends that children aged between seven and ten should have no more than ..... of sugar each day. This is about the same as six cubes.

However, with sugary drinks, cereals and yoghurts, many children are exceeding this amount. A can of cola might contain up to 39g of sugar — almost 10 sugar cubes!

Sugar can be found naturally in ..... and vegetables and we need some of this sugar in our diet. It gives our bodies energy and essential .....

However, experts are particularly worried about 'free sugars'. As well as being found naturally in honey, these sugars are also added to other foods, such as flavoured yoghurts and fizzy drinks.

Eating too much of these sugars can cause ..... health problems. It can lead to obesity and tooth decay.

Some people have suggested a 'pudding tax'. This would be an extra charge on ..... foods, making them more expensive.

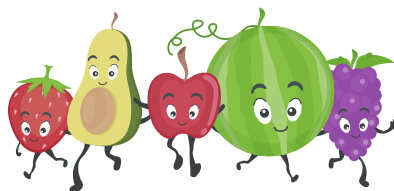
Others say that this wouldn't change what people ate and would make it harder for some individuals to afford food.

It might be time to consider how we can eat a healthier .....with less sugar.



# Sugar Free September Schools Challenge

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Superfoods

Superfoods are foods that are thought to have some kind of special benefit above and beyond normal foods. They are often fruits, vegetables, grains or seeds from exotic locations that have high amounts of vitamins or minerals. In reality however, all fruits, vegetables, grains and seeds are great for us and contain vitamins and minerals that keep us healthy.

It is also important to include a variety of foods in our diets rather than stay fixated on one or two in particular. Variety ensures our bodies receive the full array of nutrients, vitamins and minerals we need, and it keeps us from getting bored!

A healthy diet can reduce risk of high blood pressure, heart disease, diabetes, and certain cancers. There are a few foods that can be singled out for special recognition. These “superfoods” offer some very important nutrients that can power-pack your meals and snacks, and further enhance a healthy eating pattern.

### **Superfoods List**

**Berries-** High in fiber, berries are naturally sweet, and their rich colours mean they are high in antioxidants and disease-fighting nutrients.

**Fish-** Fish can be a good source of protein and omega-3 fatty acids, which help prevent heart disease.

**Leafy greens-** Dark, leafy greens are a good source of vitamin A, vitamin C, and calcium. They also add fiber into the diet.

**Nuts-** Hazelnuts, walnuts, almonds, pecans — nuts are a good source of plant protein. They also contain monounsaturated fats, which may be a factor in reducing the risk of heart disease.

**Olive oil.-** Olive oil is a good source of vitamin E, polyphenols, and monounsaturated fatty acids, all which help reduce the risk of heart disease.

**Whole grains-** A good source of both soluble and insoluble fiber, whole grains also contain several B vitamins, minerals, and phytonutrients. They have been shown to lower cholesterol and protect against heart disease and diabetes.

**Yogurt-** A good source of calcium and protein, yogurt also contains live cultures called probiotics. These “good bacteria” can protect the body from other, more harmful bacteria.

**Cruciferous vegetables.-** These include broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard greens, radishes, and turnips. They are an excellent source of fiber, vitamins.

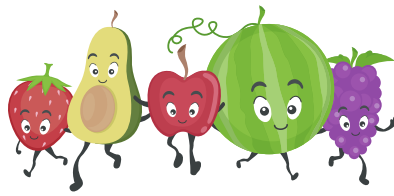
**Legumes-** This broad category includes kidney, black, red, and garbanzo beans, as well as soybeans and peas. Legumes are an excellent source of fiber, folate, and plant-based protein. Studies show they can help reduce the risk of heart disease.

**Tomatoes-** These are high in vitamin C and lycopene, which has been shown to reduce the risk of cancer.



# Sugar Free September Schools Challenge

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Super Foods

Create and write a description for your own super food.

Draw your super food.