



Sugar and fat

Sugar and fat are fine if you only eat a bit of them, but it is a really bad idea to eat too much – though it's hard to resist!

Q1. Write 'sugar' next to the foods below that have loads of sugar in them. Write 'fat' next to those that have loads of fat in them. Two of them have loads of fat and loads of sugar in them – write 'both' next to those two.



chocolate bar

.....



jam

.....



ice cream

.....

lemonade



.....



fried egg and chips

.....



cheese

.....



crisps

.....

Q2. Fill in the gaps in these sentences using the words in the blob on the right. The sentences are about what happens when you eat too much sugar or fat.

If you eat lots of fatty foods, you might get

Eating too much sugar is bad for your and

might mean you have to have

If you eat too much sugar and fat instead of other foods, like
....., your diet won't be balanced.

And that means you won't be so

teeth
vegetables
fat
healthy
fillings