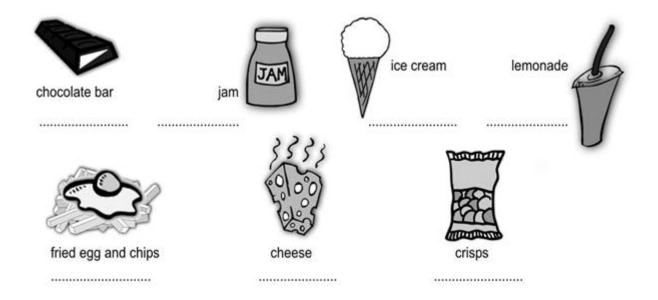


Sugar and fat are fine if you only eat a bit of them, but it is a really bad idea to eat too much – though it's hard to resist!

**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.



**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.

