



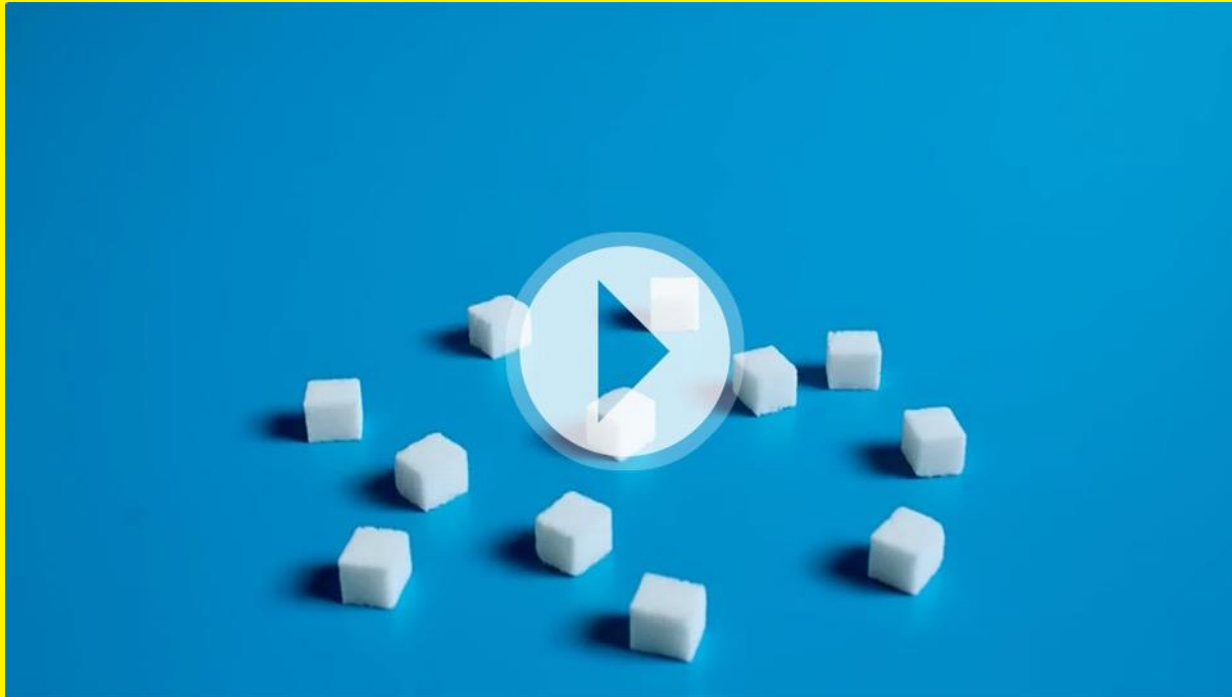
Be Food Smart

Assembly presentation

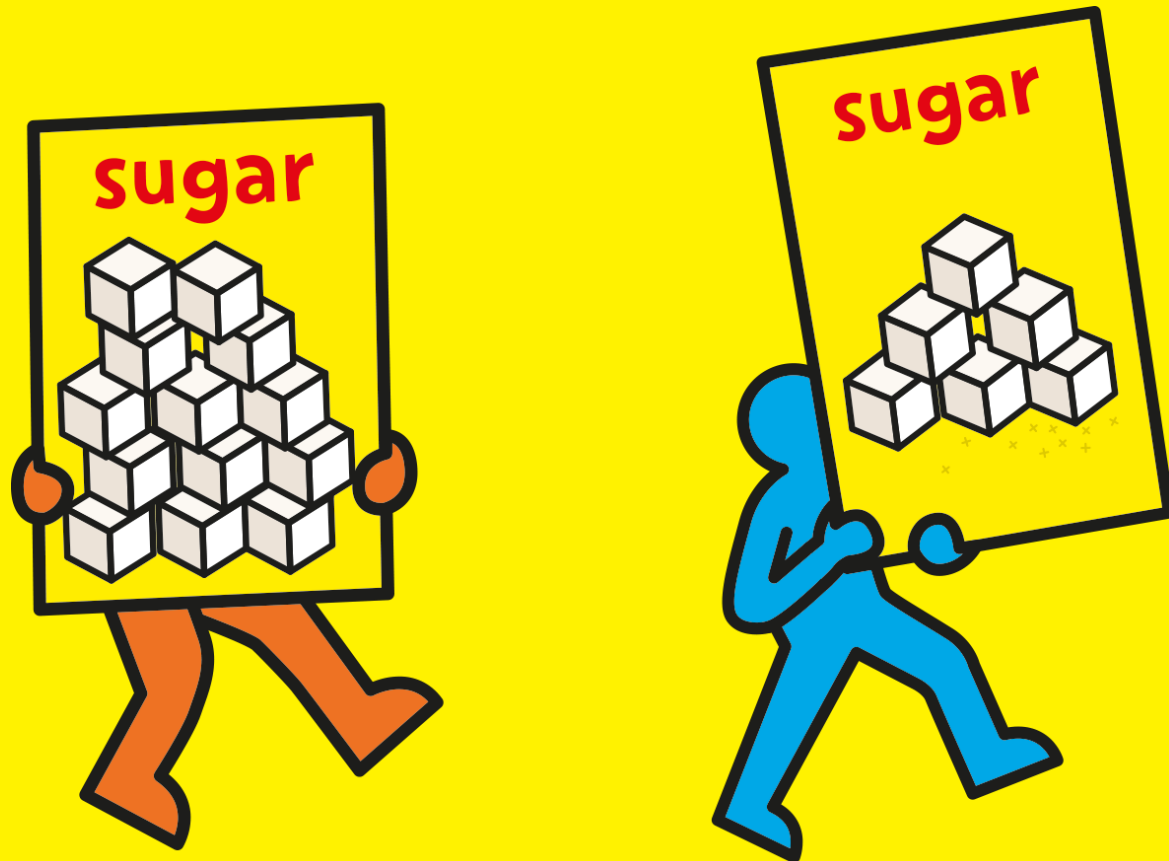
What does it mean to 'be food smart'?



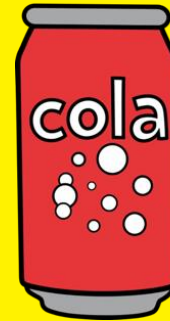
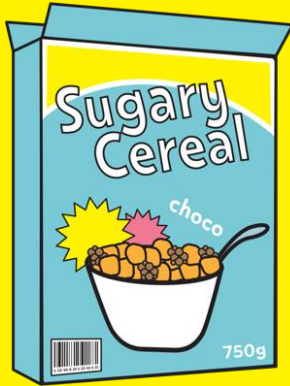
How much sugar do you eat?



No more than 6 cubes



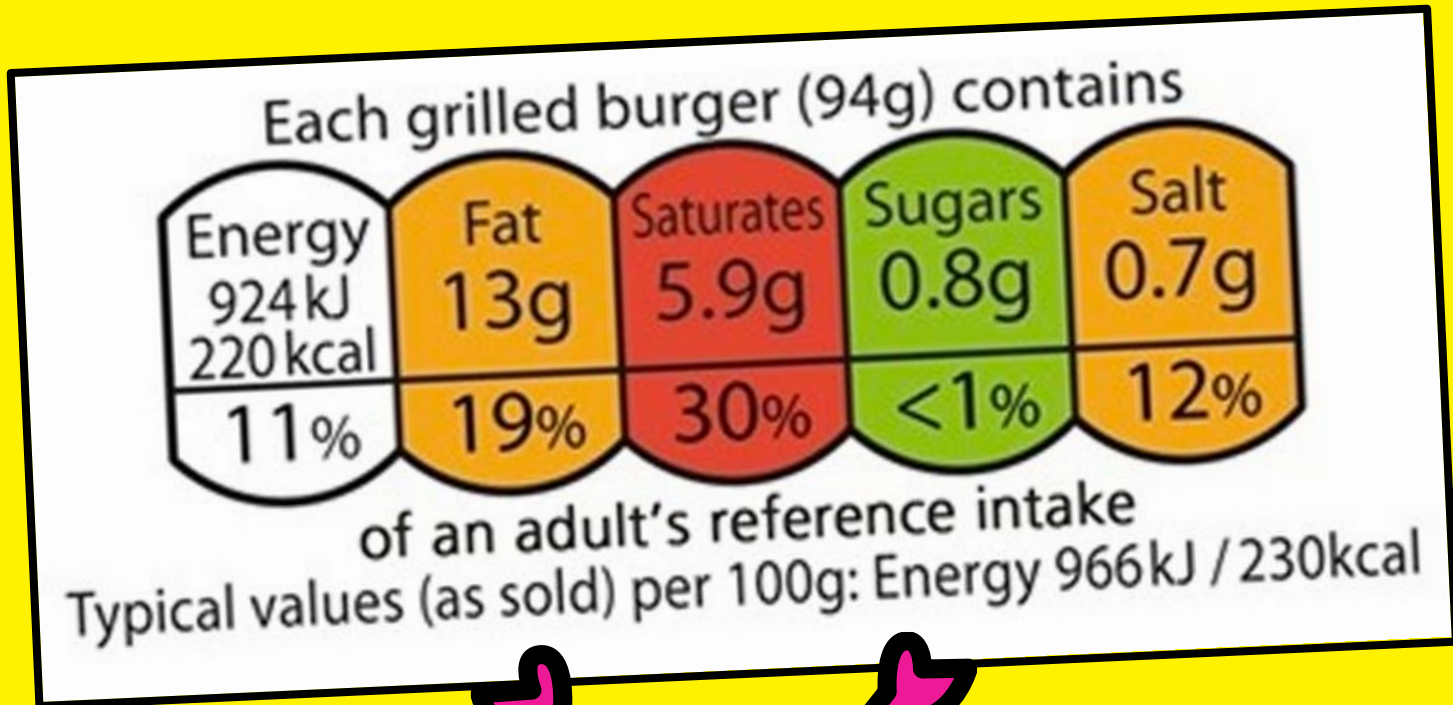
What would YOU choose?



What would YOU choose?



How can we be food smart?



When we can be food smart, it's easier!



Do you know the facts about sugar?

1. How much sugar should children eat each day, at most?

6 cubes

10 cubes

13 cubes

2. How much sugar do most children actually eat each day?

6 cubes

10 cubes

13 cubes

3. What illnesses can eating too much sugar cause?

Tooth decay

Type 2 diabetes

Heart disease



How could YOU be food smart?

