

Added sugar can be hidden in all sorts of foods. Guess how many teaspoons of sugar each food or drink contains.

Write your answers in boxes below:

1 teaspoon of SUGAR weighs 4g

***Number of teaspoons is approximate**



How many teaspoons of sugar in a can of beans?

5 teaspoons



How many teaspoons of sugar in a pot of yoghurt?

2 teaspoons



How many teaspoons of sugar in a can of coke?

9 teaspoons



How many teaspoons of sugar in a whole jar of pasta sauce?

7 teaspoons



How many teaspoons of sugar in 3x cookies?

3 teaspoons



How many teaspoons of sugar in sugar coated cereals in a 40g serving?

3.5 teaspoons



How many teaspoons of sugar in a pot of Jelly?

6 teaspoons



How many teaspoons of sugar in a cereal bar?

3 teaspoons



How many teaspoons of sugar in a medium milkshake?

15 teaspoons