



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 the boxes below:



1 teaspoon of SUGAR weighs 4g



How many teaspoons of sugar in a can of beans?



How many teaspoons of sugar in a pot of yoghurt?



How many teaspoons of sugar in a pot of yoghurt?



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



How many teaspoons of sugar in 3x cookies?



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



How many teaspoons of sugar in a pot of Jelly?



How many teaspoons of sugar in a cereal bar?



How many teaspoons of sugar in a medium milkshake?



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