

Lola's sugar swap week!



This is what Lola had to drink this week.

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
<ul style="list-style-type: none"> • Glass of milk • 5 glasses of water • Can of cola 	<ul style="list-style-type: none"> • Bottle of apple juice • 3 glasses of water • Can of lemonade 	<ul style="list-style-type: none"> • Bottle of strawberry milkshake • 5 glasses of water 	<ul style="list-style-type: none"> • 6 glasses of water • Bottle of smoothie 	<ul style="list-style-type: none"> • Glass of milk • 4 glasses of water • Bottle of apple juice

How many sugar cubes could she cut out by switching to water or milk? _ _ _ _

Use this table to help you:

	Number of sugar cubes
Can of cola	8.7
Can of lemonade	7.4
Apple juice (300ml bottle)	7.5

	Number of sugar cubes
Milkshake (470ml bottle)	11.5
Smoothie (360ml bottle)	9.9

Extension

How many sugary drinks do you drink in a typical week?

Use the Sugar Smart app to work out how much you could save by switching to water.

