

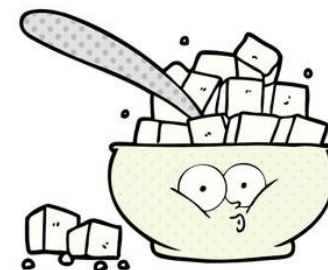
'Health and Wellbeing' - HEALTHY EATING

- We are going to look at the dangers of sugar consumption

Learning Intentions - Copy into planner - *THE TRUTH ABOUT SUGAR DOCUMENTARY*

Learning Intentions - copy into jotter:

- *Learn about hidden sugars*
 - *Learn about the effects of consuming too much sugar*
 - *Learn how to make responsible choices about consuming sugar*
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- <https://www.youtube.com/watch?v=9E9bnjwQG9s>



'THE TRUTH ABOUT SUGAR'

YOU ARE GOING TO **DESIGN A POSTER** IN
YOUR JOTTER INFORMING PEOPLE ABOUT
THE DANGERS OF TOO MUCH SUGAR

THINK ABOUT THE FOLLOWING -

- WHAT FOODS AND DRINKS SUGAR CAN BE FOUND IN
- WHAT THE EFFECTS OF TOO MUCH SUGAR ARE
- ALTERNATIVES TO SUGAR

