

Sugar



Albion in the Community
Giving people a chance

Sugar Smart Challenge:

Can you drink only **water and milk** each day, with no more than one other drink, such as fruit juice, with a main meal over each day?



Name: _____

School: _____

Example

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

How many glasses of water or milk?



Did you have no more than one other drink with a main meal over each day?



You can undertake your challenge alone or as a family.

Log your results online to be entered into the prize draw:
www.surveymonkey.co.uk/r/BH_SugarSmartChallenge

Deadline: Friday 25 March 2016

For more information and links, follow:



@AITC_Schools

