

The adventures of



change
4 life€

Help! The Sugar Cube Invaders are taking over!

They're in your favourite food and drink, making it unhealthy. But by travelling through the four lands – Breakfast Town, Yoghurt Peak, Gulp City and Pudding Farm – you can stop the Sugar Cube Invaders and save Sugar Smart World! This will make all of us much healthier!

Kids! Here's how to play

The aim of the game is to save Sugar Smart World by stopping the Sugar Cube Invaders!

Get ready!

Grab your map and stickers from the middle of this magazine.

Get started!

Journey through the four lands using your magazine, map and stickers. Finish all the activities in each land to save Sugar Smart World from the Sugar Cube Invaders!

Let's go!

Turn the page to Breakfast Town.

Grown-ups!

Go to the back of the magazine for simple swaps, recipes and top tips that will help you cut back on the sugar in your kids' food and drink.

Download the free **Change4Life Food Scanner** app to see how much sugar is in your everyday food and drink. Kids will love having a go too!



Welcome to Breakfast Town

Howdy partner!

My name's Shanice the Sheriff and I need a deputy to help me stop those pesky Sugar Cube Invaders. Grab your map and let's get started!

START HERE

Activity 1

Look closely!

Can you guess how many sugar cubes are in a box of sugary cereal? Circle the number you think is right!

sugary cereal

27
cubes

47
cubes

67
cubes

FIND IT! Now look for the Activity 1 signpost on your map to find the correct answer!

Get sticking!

The Sugar Cube Invaders have jumped on the train and filled it with sugary cereal! Save the day by covering the sugary cereal with the wheat biscuit cereal stickers.

SWAP TIME! For a healthier breakfast, try swapping chocolate or frosted cereals for yummy wheat biscuit cereals or shredded wholegrain cereals.

Activity 2

Tick when you've finished each activity!

Colour in!

The Sugar Cube Invaders have taken all the yummy fruit off my porridge! Can you colour it back in?

SWAP TIME! Swap your sugary cereal for delicious, healthier porridge. Make yours even tastier by adding fruit, like chopped apples or bananas!

Activity 3

Joke Time!
What did the apple say to the orange?
I think you're appealing!

Activity 4

Fill in the gaps!

Can you help The Funky Fruits finish their song lyrics? Fill in the missing words by finding all the fruits hidden in Breakfast Town.

RECIPE TIME! Do you know what goes well with fruit? Our healthier pancake recipe! Check it out on page 12.

Yee-haw!

Well done, you've made it to the end of Breakfast Town! Write your name and colour in your deputy badge. Wear it at breakfast so everyone knows who's in charge!

Remember!

Keep swapping your sugary cereal for yummy wheat biscuit cereal, shredded wholegrain cereal or porridge.

Welcome to Yoghurt Peak

Welcome to

Hey buddy!

I'm Rocky the Ranger. Can you help me stop the Sugar Cube Invaders taking over Yoghurt Peak? Grab your map and let's go!

How many?

Can you guess how many sugar cubes are in a sugary yoghurt? Circle the number you think is right!

4

cubes

6

cubes

8

cubes

FIND IT! Now look for the Activity 5 signpost on your map to find the correct answer!

Tick when you've finished each activity!

Sticker time!

The Sugar Cube Invaders have pulled down one of the yoghurt lifts and replaced it with a split pot yoghurt lift. The sugar is weighing it down, so it's about to break! Can you swap it back using your stickers?

SWAP TIME! Try swapping your usual yoghurt for tasty lower-sugar yoghurt.

Top tip!
As well as being delicious, frozen fruit can be cheaper too.

Joke Time!
What kind of shoes are made from banana peels?
Slippers!

Count to find out!

The Sugar Cube Invaders have skied down the mountain and started an avalanche. This has knocked all the frozen raspberries down Yoghurt Peak! Can you find and colour in the 15 lost raspberries on your map?

SWAP TIME! Why not create your own Yoghurt Peak? Swap your sugary yoghurt for yummy lower-sugar yoghurt and add some tasty frozen fruit!

Join the dots!

The banana snowman has gone missing. The Sugar Cube Invaders must have taken him! Can you join the dots on your map to put him back?

RECIPE TIME! Banana snowmen are super delicious! Find out how to make one on page 12.

Woohoo!

You've helped me stop the Sugar Cube Invaders, so you deserve your very own Yoghurt Peak Ranger Badge! Add your name to the badge, colour it in and wear it at your next meal!

Ranger

Don't forget!

Keep swapping your sugary yoghurt for lower-sugar yoghurt, or try plain natural yoghurt with fruit.

Activity 7

Activity 8

Welcome to Gulp City

Hello friend!

I'm Margo, the Mayor of Gulp City. Can you help me take my city back from the Sugar Cube Invaders? Grab your map and let's move!

Find out!

Can you guess how many sugar cubes are in a can of sugary cola? Circle the number you think is right!

sugary cola

3

cubes

6

cubes

9

cubes

FIND IT! Now look for the Activity 9 signpost on your map to find the correct answer!

Activity 9

Tick when you've finished each activity!

Activity 10

Stick to fix!

The Sugar Cube Invaders have knocked down Water Tower and built Cola HQ in its place. Can you rebuild Water Tower by putting the sticker back on?

SWAP TIME! Why not swap your higher-sugar drinks for refreshing water, lower-fat milks, sugar-free or no added sugar drinks?

Joke Time!
Why did the orange stop?
Because it ran out of juice!

Activity 11

Colour to complete!

It's the opening day of Fruit Juice swimming pool, but the Sugar Cube Invaders have stolen the juice! Can you colour in 150ml of juice so the pool can open?

MEASURE IT! Can you measure out 150ml of fruit juice to see how much it is? Fruit juice is sugary, so you shouldn't have more than 150ml each day - and only at meal times to protect your teeth.

Activity 12

Find the words!

Can you solve the word search by finding the four fruits hidden in the Fruity Office?

1. Orange 2. Pineapple 3. Lemon 4. Kiwi

RECIPE TIME! Try making our tasty Orange and Lemon Fizz. Find out how on page 12.

Gulp-tastic!

You've made it to the end of Gulp City! Don't forget to write your name and colour in your Gulp City Travel Card sticker!

Feeling thirsty?

Keep swapping your sugary drinks for refreshing water, lower-fat milks, sugar-free drinks or no added sugar drinks.

Welcome to Pudding Farm

Hi mate!

My name's Finn the Farmer and I need you to help me save Pudding Farm from the Sugar Cube Invaders! Grab your map and let's roll!

Check the pot!

Can you guess how many sugar cubes are in a chocolate pudding pot? Circle the number you think is right!

4

cubes

5

cubes

6

cubes

FIND IT! Now look for the Activity 13 signpost on your map to find the correct answer!

Tick when you've finished each activity!

☐

Get sticking!

The Sugar Cube Invaders have stolen my yummy sugar-free jelly castle! Can you find it and stick it back on?

SWAP TIME! Instead of having a sugary pudding, why not create your own yummy sugar-free jelly castle?

☐

Activity 14

Follow the path!

There are three different pudding paths to follow on your map, but two of the paths lead to unhealthy puddings! To get back to the main road, you'll need to follow the path that leads to the healthy pudding.

SWAP TIME! Try swapping your sugary puddings for tasty lower-sugar yoghurt, fresh and tinned fruit in juice or sugar-free jelly.

☐

Activity 15



Colouring time!

The Sugar Cube Invaders have picked all the cherries off my cherry tree! Can you colour the cherries back in so I can make a delicious Cherry Berry Crumble?

RECIPE TIME! Instead of having sugary cakes, try making our delicious Cherry Berry Crumble! Check out the recipe on page 12.

☐

Activity 16

Well done!

You've made it to the end of Pudding Farm! Write your name and colour in your farmer's rosette.



Congratulations!

You've saved Sugar Smart World from the Sugar Cube Invaders! Breakfast Town, Yoghurt Peak, Gulp City and Pudding Farm are now full of healthier, delicious food and drink again!

Go online to get your certificate. Search **Change4Life**

Remember!

Keep swapping sugary puddings for lower-sugar ones like sugar-free jelly, lower-sugar yoghurt or fresh or tinned fruit (in juice, not syrup).



Recipes

Mix it up
at mealtimes

Apple Pancakes

Serves 4

Ingredients

75g plain flour
1 medium egg
200ml
semi-skimmed milk
2 tbsp vegetable oil
1 apple, sliced
Juice of 1 lemon

Method

Put flour in a large bowl. Add egg and milk and whisk until smooth. Add 2-3 drops of vegetable oil to a pan at a medium heat. Pour in a quarter of the batter and cook for 2 minutes, then flip. Serve with lemon juice and apple.

Banana Snowman

Serves 1

Ingredients

1 banana, peeled
Handful of sultanas
1 apple

Method

Thickly slice the banana and arrange three slices in a row. Use two sultanas as eyes and three as buttons. Slice the apple into quarters and use one quarter as a hat. Slice part of the remaining apple into two thin strips and poke on as arms, then cut out a small triangle for a nose. Serve with lower-sugar yoghurt.

Cherry Berry Crumble

Serves 6

Ingredients

200g frozen cherries
200g frozen summer fruits
150g plain flour
75g lower-fat spread
30g porridge oats
1 tbsp demerara/granulated sugar
12 tbsp low-fat, lower-sugar plain yoghurt, to serve

Method

Heat oven to 180°C. Put cherries and berries in a baking dish. Put flour in a large bowl and add lower-fat spread, mixing with fingers until it looks like fine breadcrumbs. Stir in porridge oats and sugar. Sprinkle crumble topping over fruit. Bake for 30 minutes and serve with yoghurt.

Orange and Lemon Fizz

Ingredients

1 orange, halved
1 lemon, halved
Carbonated water

Method

Slice orange and lemon and add to a jug. Add carbonated water. Stir and enjoy!

Turn over
for tasty recipes

Sugar Swaps

Pop me
on the
fridge

These simple everyday swaps can really make a difference!

Cereals

FROM

TO



*based on 30g serving size

- Porridge
- Lower-sugar cereals, like wheat biscuit cereal or shredded wholegrain cereal



Yoghurts



- Lower-sugar yoghurt
- Plain natural yoghurt with fruit



Drinks



- Water
- Lower-fat milks
- Sugar-free drinks
- No added sugar drinks



Puddings



- Sugar-free jelly
- Lower-sugar yoghurt
- Fresh or tinned fruit (in juice)
- Lower-sugar rice pudding
- Lower-sugar custard



Don't forget, snacks can be sugary too. Fruit and vegetables are always the best snack, but when choosing packaged snacks, stick to two a day max.



Look out for the 'good choice' badge in store and make a swap when you next shop.



Add fruit for 1 of your 5 a day.

Search Change4Life to discover lots more recipes.

Turn over for
Sugar Swaps!

12

13

Some puddings and yoghurts contain both free and intrinsic sugars.
All product information (sugar content and pack size) is based on Kantar data 2018.

Tear here

Turn the page
for Sugar Swaps!



Grown-ups!

It's time to get Sugar Smart!



Too much sugar is bad for children's health as it can lead to the build-up of harmful fat on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before.

Having too much sugar can also cause painful tooth decay, and every ten minutes, a child in England has a tooth removed.

Where's all this sugar coming from?

- Kids are getting most of their sugar from sugary drinks. But sweets, chocolate, cakes, biscuits, puddings, yoghurts and breakfast cereals all contribute too!
- The good news is there's an easy way to cut down – by swapping to lower-sugar versions of our everyday foods and drinks.
- It's easy to find out how much sugar is in your family favourites. Just download the Change4Life Food Scanner app and scan the barcode on your cereal, yoghurts, drinks and puddings. Why not give it a go with the kids and write the number of cubes in the box next to each item?
- And remember, make a swap when you next shop!



higher
sugar
cereal

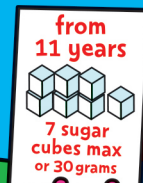


sugary
cola



How much is too much?

The maximum daily amounts of sugar are:



= 4 grams of sugar

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prizes, easy tips and meal ideas.
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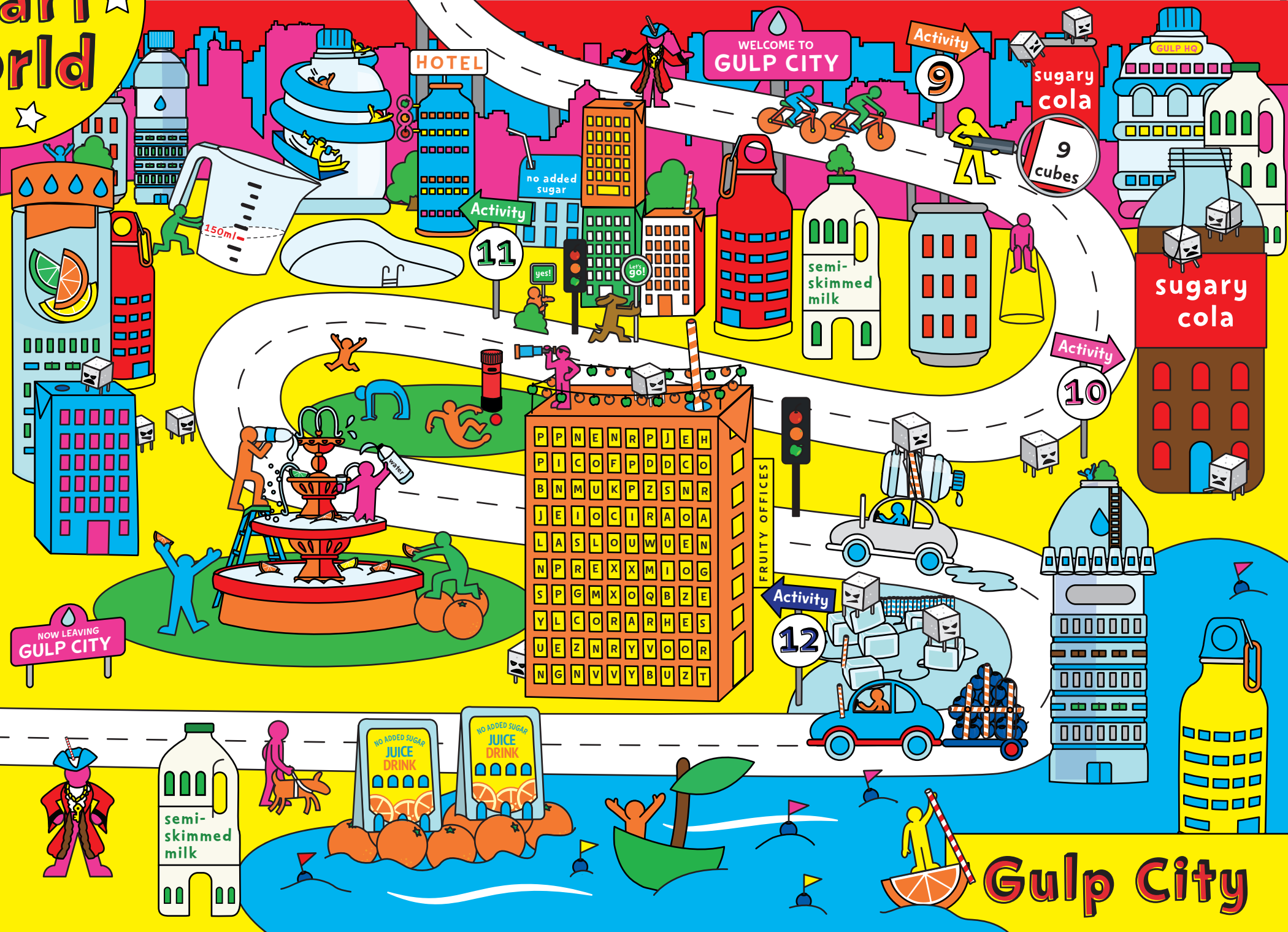


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Breakfast Town

Yoghurt Peak



Pudding Farm

Gulp City

Sticker Sheet

