
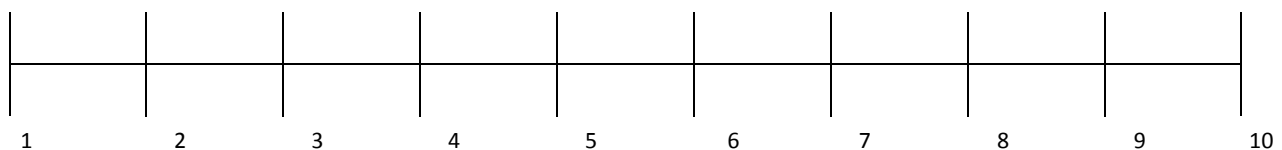


Name		Before		After	
Date					
Sugar – What do you think?					
Anticipation Chart	Yes	No	Yes	No	
1. I think that sugar is necessary for health.					
2. Only old people get diabetes.					
3. We eat more sugar than people did in the past.					
4. If I exercise, I can eat as much sugar as I like.					
5. If someone in my family has diabetes, I am more likely to get it.					
6. A risk factor for diabetes is being overweight or obese.					
7. I need sugar.					
8. Some sugars are better for me than other sugars.					
9. Sugars can affect my mood.					
10. I crave sugar.					
11. Fruit drinks contain sugar.					
12. Fruit drinks are better for me than soft drinks.					
13. Vitamin drinks are a source of sugar.					
14. Sugar substitutes are good for me.					
15. Muesli bars are low sugar.					
16. Low fat foods contain low amounts of sugar.					
17. Vegetables do not have sugars.					
18. I eat too much sugar.					
19. I am concerned about the amount of sugar I eat.					
20. Sugar is measured by volume: amount, grams and kilos.					

What did you have for breakfast this morning?

- 1
- 2
- 3
- 4

On a scale of one to ten, where one is 'very low in sugar' and ten is 'extremely high in sugar', rate your breakfast.



Which item do you think contains the most sugar?

Keep this sheet as you will refer to it after you have completed the activities on sugar.