



## Resource Pack Overview

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Platform 5:

Sugar Cube Stack – Lesson Plan KS1

(Including reception)

Key Message(s)		Materials Required	Time
	<ul style="list-style-type: none"> <li>Reduce how much and how often we have sugary food and drinks to lower the chance of tooth decay.</li> <li>Keep sugary food and drinks to meal times.</li> <li>What causes tooth decay? : plaque + sugar = acid, acid + enamel + time = decay</li> </ul>		
<b>GRAB attention</b> Object	<p><b>Is water a safe drink for teeth? Why do you think it is?</b> Then show 3 types of water bottle (still/sparkling/flavoured) What are the differences? All kind to teeth? Fruity=sugary, Fizzy=acidic, Plain still=safe for teeth.</p>	3 types of empty water bottles	<b>1 minute</b>
<b>SHARE the L.O</b> (learning objective) with the students	<p><b>“By the end of this activity you will know</b> how much sugar is in a variety of drinks and understand which of them to drink less often and only at mealtimes.”</p>	Smile	<b>30 seconds</b>
<b>RECALL current knowledge</b> What do they know now?	<p><b>Discuss with a partner/in a 3:</b> Look at drinks bottles on a tray. Which do you drink? How often? When do you drink them? At a mealtime? Once a week? Only at parties?</p>	Tray of empty drinks bottles/ cans/cartons	<b>1 minute</b>
<b>Note new order from here: GUIDE</b> How to perform the activity Get feedback to check comprehension	<p>Pass around a teaspoon. Show the group a sugar cube. <b>1 sugar cube = 1 teaspoon of sugar</b> In this activity you need to <b>estimate how much sugar</b> is in each drink and <b>stack up</b> that amount of <b>sugar cubes</b> next to it. How many teaspoons in 1 sugar cube? How many sugar cubes will you stack next to the bottles?</p>	A teaspoon Tray of empty drinks bottles/ cans/ cartons Packet of sugar cubes	<b>30 seconds</b>
<b>PRACTICAL</b>	Let's do it!!	As Above	<b>3 minutes</b>
<b>PRESENT new information</b>	<p><b>Watch BDA video</b> <b>Do you know how much sugar is in your drink? - You Tube</b> (45 seconds) <b>Or Turn over answer sheet</b> to check how many got right. It is recommended to <b>keep sugary drinks to mealtimes.</b> <b>Why?</b> Bacteria+Sugar=Acid, Acid+Teeth+Time=Decay</p>	<b>Platform 5b: “Sugar in Drinks Answers” on back of Platform 5a: “Sugar Cube Stack Equipment list” PDF</b> (Or watch video)	<b>2 minutes</b>
<b>ENHANCE retention</b> Encourage students to apply to personal contexts	<p><b>Discuss with a partner:</b> 1 What do you drink between meals? Is it safe for your teeth? 2 Were you surprised by the sugar cubes? 3 Do you know anyone who could benefit from you sharing this knowledge?</p>	Smile	<b>30 seconds</b>
<b>RESET</b>	and tidy station for next group	Smile	<b>1 minute</b>
<b>TRAVEL By train</b>	Choo choo with locomotion arms around the room to the next activity station	Smile	<b>30 seconds</b>



## Platform 5a:

## Sugar Cube Stack – Equipment List

(PTO for Answer Sheet)



## For this activity you will need:

- A teaspoon
- A tray
- A packet of sugar cubes
- A device to play video
- Empty bottles/cans/cartons:
  - 3 empty water bottles (still, sparkling and flavoured)
- Freshly squeezed Orange juice
- Cola
- Fruit and vegetable smoothie
- Sports drink
- Squash
- Chocolate milkshake
- Energy drink



Platform 5b:

# Sugar Cube Stack – Answer Sheet

(PTO for Equipment List)

If you have facility the answers can be revealed by viewing this British Dental Association video: [Do you know how much sugar is in your drink? - YouTube](#) Or compare your stacks with the results below:

Drink	Drink Serving (in g)	No. of Sugar Cubes in this size serving	Percentage of Drink that is sugar	Is this tooth friendly? (if not, keep to mealtimes)
Freshly Squeezed Orange Juice	21.5g	5	Sugar 23.3% Orange Juice 76.8%	No
Cola	35g	8.5	Sugar 24.2% Cola 75.8%	No
Fruit/Veg Smoothie	42g	10	Sugar 23.8% Fruit Smoothie 76.2%	No
Sports Drink	44g	10	Sugar 22.7% Sports Drink 77.3%	No
Squash	50g	10	Sugar 24% Squash 76%	No
Chocolate Milkshake	51g	12	Sugar 23.5% Choc Milkshake 76.5%	No
Energy Drink	55g	13	Sugar 23.5% Energy Drink 76.5%	No
Still Plain Water	50g	0	Sugar 0% Still Plain Water 100%	Safe for Teeth