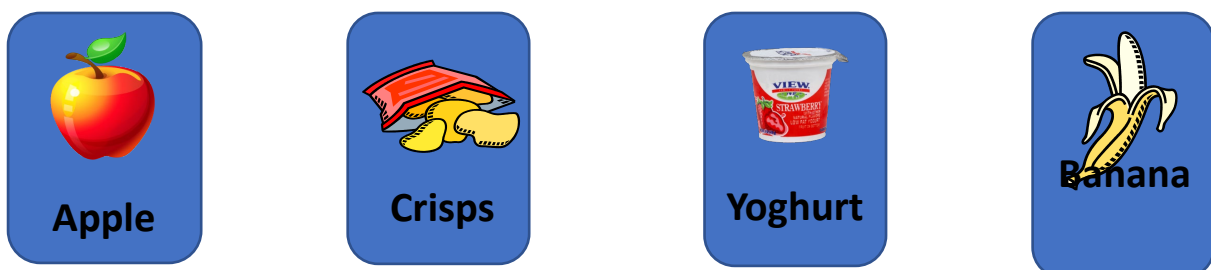


Higher or lower calorie game

Welcome to our higher or lower calorie card game. This is quite an easy game but is designed to make you think about the energy (calories) that some of your favourite foods can have.

First of all, print out the cards (two sides along the seam). The cards can then be folded over and stuck down to create double-sided cards.

Choose four cards and lay them blue side up on the table in a row like this example:



Turn over the first card. Look at the amount of sugar and the number of calories in the food.

Choosing either amount of sugar or calories, do you think the next food in the row will have a higher value or a lower value? Turn over to see if you're right.

Continue guessing until you reach the end of the line. Are you surprised by any of the results?

To enhance the game, you can bear in mind nutrition information about some of the foods featured in this game.

Bananas - 1 banana = 1 portion fruit. Bananas are a great source of potassium which helps your heart muscle work properly and regulates your blood pressure.

Crisps - Baked crisps are lower in fat than standard crisps. Baked crisps are lower in fat than standard crisps, but it doesn't mean they are low in salt, sugar or indeed fat, so check the food labels and portion sizes.

Raisins - 1 heaped tablespoon = 1 portion fruit. Raisins are a good source of fibre and iron but also contain a lot of sugar so are best eaten at mealtimes, added to cereal, yogurt, salads to reduce the risk of tooth decay.

Milk (semi-skimmed) - Contains all the goodness of whole milk. The low-fat content of skimmed milk makes it appear watery, yet it contains all the goodness of whole milk.

Peanuts - Nuts and nut butters are a good source of fibre, iron and zinc and can be easily stirred into stir fries, curries and smoothies.

Cola - Cut out teaspoons worth of sugar by choosing a sugar free version. Swapping a regular can of fizzy drink for the sugar free version is a quick and simple way to reduce your sugar intake.

Enjoy the game and have fun.