

Dewi's food and drink diary



Dewi has been to his dentist, who is worried that Dewi may be getting tooth decay. The dentist has asked Dewi to keep a food and drink diary for two days, writing down everything he eats and drinks.

Dewi liked filling in the diary and took it back to the dentist at his appointment two weeks later.

Write down each time you have something to eat or drink			
Day: Sunday		Day: Monday	
10am	Got up late! Fried eggs on toast with ketchup Water	7.38am	Bowl of frosted flakes cereal with milk Glass of orange juice Toast with jam
11.04am	Apple	10.20am	Bag of crisps
11.42am	Chocolate biscuit		
1.15pm	Chicken, potatoes, peas, gravy Apple crumble and custard Glass of lemonade	12.35pm	Ham sandwich Flapjack Glass of milk
3.48pm-4.30pm	Half a bag of jelly sweets	3.20pm	Banana, chocolate bar
5.25pm	Pasta with tomato sauce, with mushrooms and onion in Glass of water	5.35pm	Fish fingers, mashed potato, and baked beans, with ketchup Can of cola
6.25pm	Finished the bag of jelly sweets	6.20pm	Chocolate biscuit and a strawberry yoghurt
7.15pm	Glass of milk	7.20pm	Hot chocolate

Task 1 Imagine you are Dewi's dentist.

Circle all the things in the diary that have sugar in them, and might be bad for his teeth.

Count up the number of times each day that Dewi had an acid attack.

Sunday Monday.....

Task 2 Look at these websites to learn about how much sugar is in different foods and drinks.

www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids

www.savekidsfromsugar.co.uk

www.designedtosmile.org

Look at the nutrition labels on foods and drinks at home, or go to the shop with an adult to see if you can find out how much sugar is in one portion.

Task 3 Do you think Dewi is having more sugar than he should? (Guidance recommends no more than 6 teaspoons a day for a child aged 7-10, and no more than 7 teaspoons for an adult)

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Do you think Dewi is having enough fruit and vegetables? (Guidance recommends at least 5 portions a day)

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Task 4 What advice should the dentist give Dewi? Can you give examples of other foods and drinks that Dewi could have instead that would be better for his teeth? What sugar swaps should he make?

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