

This scenario represents a full day with breakfast and after school club, one pudding with "seconds" and one treat

| Occasion | Product | Total sugar/100g | Free sugar/100g | Expected Portion (g) | Actual/realistic number of portion | Actual/realistic portion (g) | Total sugar/actual portion (g) | Free sugars/actual portion (g) | Notes |
|-------------------|--|------------------|-----------------|----------------------|------------------------------------|------------------------------|--------------------------------|--------------------------------|---|
| | | | | | | | | | Based on waffles: https://www.tesco.com/groceries/en-GB/products/280108520 |
| Breakfast club | Waffles | 28.4 | 28.4 | 50 | 2 | 100 | 28.4 | 28.4 | 28.4 Portion based on individual's experience Based on syrup: https://groceries.asda.com/product/treacle-syrup/asda-great-to-bake-golden-syrup/910002166790 |
| Breakfast club | Syrup | 80 | 80 | 21 | 5 | 105 | 84 | 84 | Portion based on individual's experience Based on sticky toffee pudding: https://groceries.morrisons.com/webshop/product/Morrisons-Really-Good-Puds-Sticky-Toffee-Puddings/115887011?from=search&param=sticky%20toffee%20pudding 7% date paste which does not contribute to free sugars = 65% sugar (https://datemeboutique.com/dateme-date-paste/date-paste-nutrition/) |
| Lunch | Sticky toffee pudding | 37.4 | 32.85 | 110 | 3 | 330 | 123.42 | 108.405 | Portion based on individual's experience Nutrition from Tesco website. Sugar from milk does not contribute to Free Sugars. Milk choc makes up 53% of product; No Added Sugars milk chocolate (Freelist) has a sugar content of 6g/100g |
| Extra | Crème Egg | 66.5 | 63.32 | 40 | 1 | 40 | 26.6 | 25.328 | Based on https://www.tesco.com/groceries/en-GB/products/263013064 |
| After-school club | Croissant | 5.3 | 5.3 | 44 | 2 | 88 | 4.664 | 4.664 | Portion based on individual's experience Based on Copy of McCance__Widdowson_s_Composition_of_Foods_Integrated_Dataset 'Jam, fruit with edible seeds' Asda strawberry jam: approx 1/3rd fruit therefore remove this amount to determine free sugars |
| After-school club | Jam | 69 | 46 | 15 | 4 | 60 | 41.4 | 27.6 | Portion based on individual's experience |
| | | | | | | | | | Based on waffles: https://www.tesco.com/groceries/en-GB/products/280108520 |
| After-school club | Waffles | 28.4 | 28.4 | 50 | 2 | 100 | 28.4 | 28.4 | 28.4 Portion based on individual's experience Based on syrup: https://groceries.asda.com/product/treacle-syrup/asda-great-to-bake-golden-syrup/910002166790 |
| After-school club | Syrup | 80 | 80 | 21 | 5 | 105 | 84 | 84 | Portion based on individual's experience |
| | | | | | | Total | 420.884 | 390.797 | This is 29.3 x the free sugars guidelines |
| Extra scenarios | This scenario represents a full day with breakfast and after school club, one pudding with "seconds" and one treat plus 2 birthday treats and a cooking lesson | | | | | | | | |
| | | | | | | | | | Based on Tesco chocolate party cake: https://www.tesco.com/groceries/en-GB/products/258388082 |
| Extras | Birthday cake | 37.3 | 37.3 | 64 | 1 | 64 | 23.872 | 23.872 | Portion based on suggested https://www.tesco.com/groceries/en-GB/products/296527189 |
| Extras | Haribo (birthday) | 47 | 47 | 16 | 1 | 16 | 7.52 | 7.52 | Portion based on pack weight Based on ASDA cookie pie: https://groceries.asda.com/product/muffins-cookies/asda-cookie-pie/910002137804 |
| Baking | Cookie Pie | 42 | 42 | 60 | 1 | 60 | 25.2 | 25.2 | Portion based on suggested |
| | | | | | | Total (with extra sce | 477.476 | 447.389 | This is 33.6 x the free sugar guidelines |

Sugarwise free sugars allowance per week based on WHO guidelines

Breakfast/after school club

19

Snacks/Baking/Birthday

19

Lunch

28.5

Total per week

66.5

Average per school day

13.3

What is served in before and after school clubs

https://hartington.derbyshire.sch.uk/?page_id=218

<http://blakehillextraclub.co.uk/breakfast-club/>

<http://www.stcolumsprimaryschool.co.uk/news/detail/hot-chocolate-croissants-at-breakfast-club/>

What is served at lunch

<https://www.hants.gov.uk/educationandlearning/hc3s/primaryschools/menu>

This scenario represents just one school lunch pudding and a baking lesson

| Occasion | Product | Total sugar/100g | Free sugar | Expected Portion (g) | Actual/realistic number of portion | Actual/realistic portion (g) | Total sugar/actual portion (g) | Free sugars/actual portion (g) | Notes |
|----------|-----------------------|------------------|------------|----------------------|------------------------------------|------------------------------|--------------------------------|--------------------------------|--|
| Lunch | Sticky toffee pudding | 37.4 | 32.85 | 110 | 3 | 330 | 123.42 | 108.405 | Based on sticky toffee pudding: https://groceries.morrisons.com/webshop/product/Morrisons-Really-Good-Puds-Sticky-Toffee-Puddings/115887011?from=search&param=sticky%20toffee%20pudding 7% date paste which does not contribute to free sugars = 65% sugar (https://datemeboutique.com/dateme-date-paste/date-paste-nutrition/) Portion based on individual's experience |
| Baking | Cookie Pie | 42 | 42 | 60 | 1 | 60 | 25.2 | 25.2 | Based on ASDA cookie pie: https://groceries.asda.com/product/muffins-cookies/asda-cookie-pie/910002137804 Portion based on suggested |

This is ten times the maximum recommended amount

Not taking into account the savoury component of lunch, any juices or smoothies available or dressings such as ketchup

Or hot chocolate, which is an allowed drink in the school food standards (1% juice diluted with 99% water is not an allowed drink on the other hand)

133.605

These are example scenarios where sugar may be consumed and their likely frequencies, based on individual's experience

| Scenarios | Minimum likely frequency |
|---|--------------------------|
| PTA Cake sales | Twice per term |
| Tuck shop | Once per year |
| Reward to child | Once per term |
| Baking lesson | Once per week |
| Rice pots and fruit juice | Every day |
| Competition prizes | Once per term |
| Birthdays | Twice per term |
| Cultural celebrations (e.g., Christmas, Easter) | Twice per year |
| Sports Days | Once per term |
| Vending Machine | Every day |