

# Family ~~sugar~~ drinks competition

**The aim of the competition is to see which family member drinks the healthiest drinks over one week.**

## **Rules:**

1. Write each family member's name down the left column under name.
2. Family members receive a tick if they only drink water or plain milk each day.
3. Family members receive a cross if they drink one or more sugary drinks each day.
4. Parents are still allowed tea or coffee, but try reducing the amount of sugar.
5. Juices, flavoured water, flavoured milk, cordial and sports drinks are all sugary drinks and result in a cross.
6. Diet drinks will also result in a cross. They are still bad for our teeth and full of preservatives and artificial sweeteners.



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| Name | Monday | Tuesday | Wednes-<br>day | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|----------------|----------|--------|----------|--------|
|      |        |         |                |          |        |          |        |
|      |        |         |                |          |        |          |        |
|      |        |         |                |          |        |          |        |
|      |        |         |                |          |        |          |        |
|      |        |         |                |          |        |          |        |

The winner is: \_\_\_\_\_

