

3

**THINGS YOU
SHOULD
KNOW
ABOUT
NUTRI-GRADE**



1. The Nutri-Grade Mark



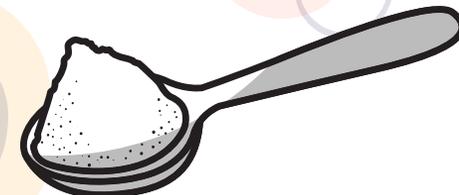
Low Sugar,
Low Saturated Fat

GOOD!



The Nutri-Grade mark is mandatory for beverages with Grades C and D, but voluntary for Grades A and B.

High Sugar,
High Saturated Fat



2. How does Nutri-Grade work?

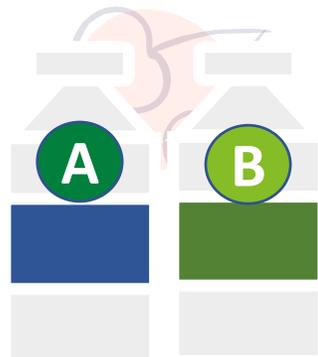
Nutri-Grade Grading System

	A	B	C	D
SUGAR CONTENT (grams per 100 ml)	≤1 and no sweetener	>1 to 5	>5 to 10	>10
SATURATED FAT CONTENT (grams per 100 ml)	≤0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8

Advertising prohibition

Mandatory labelling

Schools are only allowed to serve drinks with Grades A and B!



3. Where can I find a Nutri-Grade Mark?



Drinks from Drink Machines
no options to reduce sugar.

Examples:

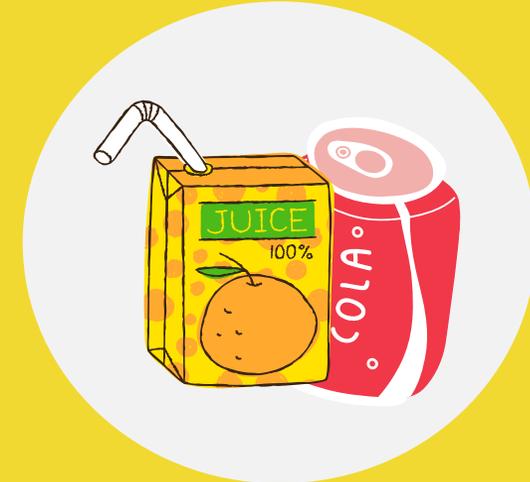
- Fountain Drinks
- Coffee Machine Drinks.



Powdered Drinks that should be
mixed with water before drinking.

Examples:

- Milo
- 3-in-1 Coffee



Packet and Canned Drinks

Examples:

- Iced Lemon Tea
- Bandung



Activities for students

Name: _____

Date: _____

Nutri-Grade

Word Search! (Pre-School)

A	C	B	O	W	L	Y
E	E	S	F	O	H	T
G	A	U	W	T	A	K
S	S	G	L	E	N	R
K	S	A	W	I	E	G
R	E	R	R	S	I	T
H	L	D	L	E	S	S

Find the following words in the crossword puzzle.

LOW
SUGAR

LESS
SWEET

HEALTHY
DRINKS

Please use the following slides in powerpoint mode and click on the buttons

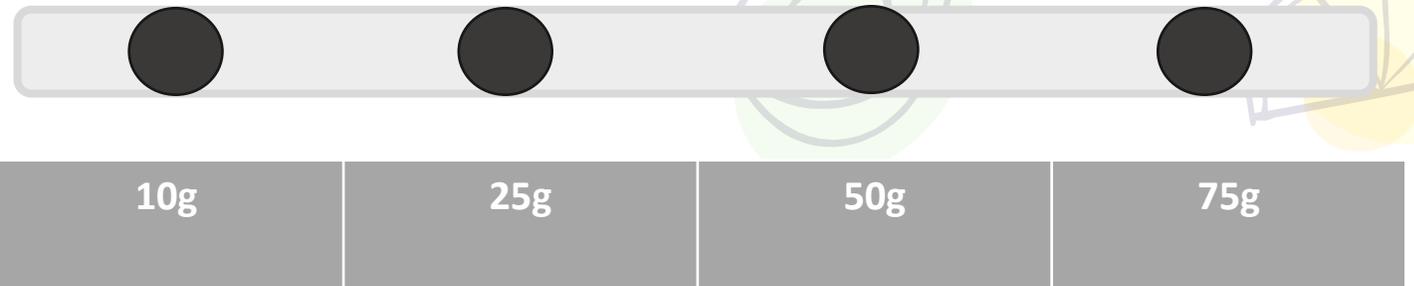
Sugar in Orange Juice

Do you know how much sugar there is in orange juice?

Estimate the Amount of Sugar in This Drink!



Orange juice
Perfect Drink for a Hot Day



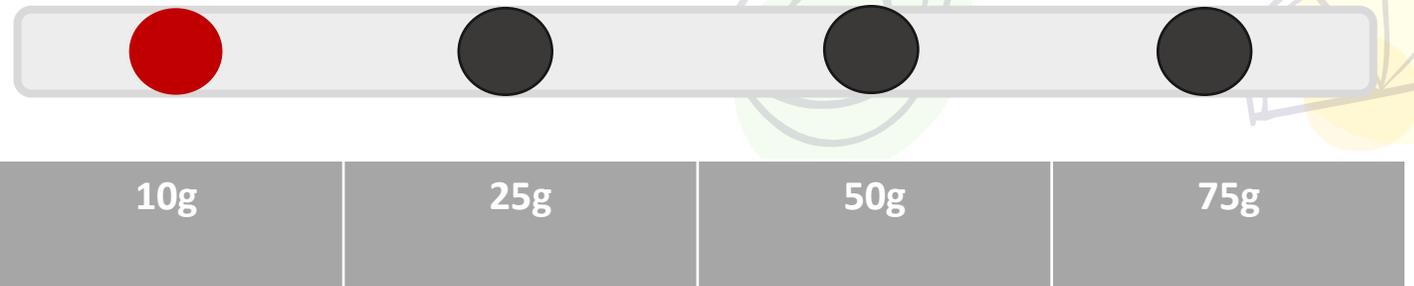
Estimate the Amount of Sugar in This Drink!



Orange juice

Each glass of orange juice contains 45.5g of sugar
or 9.1 teaspoons of sugar.

Try Again!



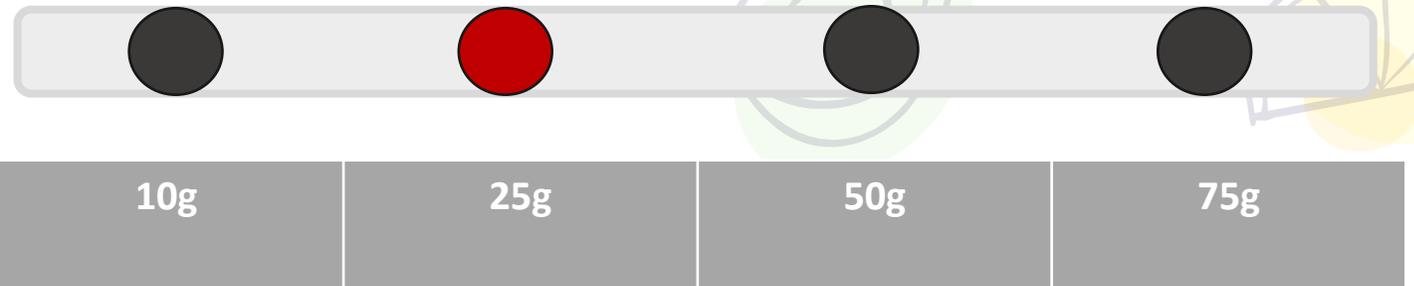
Estimate the Amount of Sugar in This Drink!



Orange juice

Each glass of orange juice contains 45.5g of sugar
or 9.1 teaspoons of sugar.

Try Again!



Estimate the Amount of Sugar in This Drink!



Orange juice

Each glass of orange juice contains 45.5g of sugar
or 9.1 teaspoons of sugar.



Estimate the Amount of Sugar in This Drink!



Orange juice

Each glass of orange juice contains 45.5g of sugar
or 9.1 teaspoons of sugar.

Try Again!

