



# Family ~~sugar~~ drinks competition

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

## Rules:

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

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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