

# Action on Sugar For Dental and Nutritional Health and Wellbeing



**Sugar Awareness Week** 13<sup>th</sup> – 19<sup>th</sup> November 2023

# Agenda

Time	Speaker	Role	Topic
19.15	Nicki Sumpter	BDA Public Health Specialist Group	Welcome
19.20 – 19.35	Kawther Hashem	Research fellow and campaign lead	Nutrition research and policy
19.40 – 19.55	Giten Dabhi	Chair England Community Dental Services	Dental health and the role of community dentists
20.00 – 20.15	Khalid Ahmad	London's Community Kitchen	Schools project for nutrition and dental health
20.15 – 20.25	Q&A	Everyone	A chance to ask all speakers questions
20.25 – 20.30	Nicki Sumpter	BDA Public Health Specialist Group	Thanks and close

# Welcome



# Kawther Hashem



Registered Nutritionist BSc  
Ma food policy  
PhD focusing on sugar reduction

- ❖ Lecturer in Public Health Nutrition at Queen Mary University
- ❖ Campaign lead for Action on Sugar project at Consensus Action on Salt, Sugar and Health (CASSH)
- ❖ Experience in the food industry, non-governmental organisations and academia
- ❖ Kawther will be speaking about the impact of high sugar diets on health and the staggering levels of excess sugar already in our food and drink and the policies needed to bring these levels down.

Sugar Awareness Week 2023

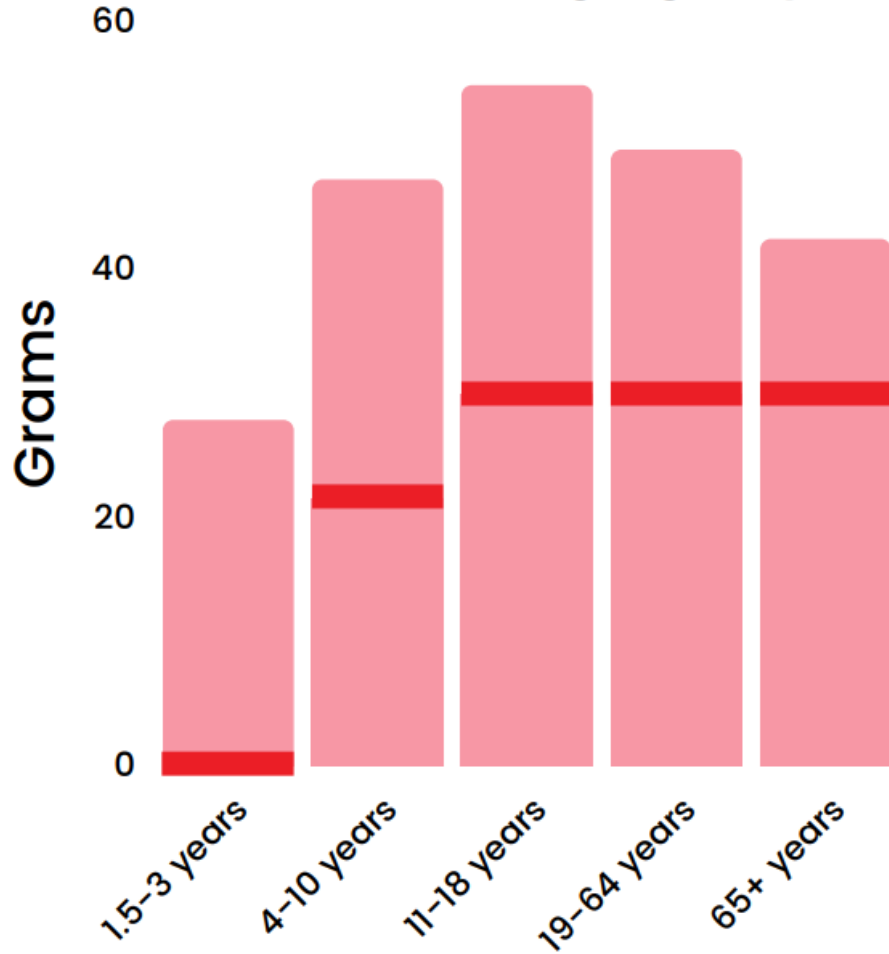
- Sugars and health
- Sugars in drinks
- Sugars in foods
- Policies needed to reduce our intake

# Why (Free\*) Sugars Matters


- Associated with greater risk of **tooth decay**
- Leads to **increased energy (calorie) intake** (compared to other sources of energy)
- Associated with increased risk of **type 2 diabetes** (sugar sweetened drinks)

\*Free sugars: these are all added sugars in any form; plus all sugars naturally present in fruit and vegetable juices, purees and pastes and similar products in which the structure has been broken down through processing (making the sugar 'free' of the plant cell wall)

## Average daily free sugars intake, by age group



Children consume ~12 teaspoons of free sugars a day on average, which is double the recommended maximum limit

 Recommended limit

Source: National Diet & Nutrition Survey, Rolling Programme



# Top reason children are admitted to hospital in UK





**4 in 10** children leave primary school **above a healthy weight**

# Food and drink companies influence what we eat, where we eat and how we eat



# Sugars in Drinks



# How the sugar stacks up...

Rockstar Punched Energy Drink Guava (500ml) 335 cals



**19.5 tsp of sugar**

Lucozade Energy Pink (500ml) 286 cals



**17 tsp**

Mountain Dew Citrus Blast (500ml) 240 cals



**16.5 tsp**

Monster Energy (500ml) 235 cals



**13.75 tsp**

Caffe Nero Fruit Booster Raspberry & Orange (655ml) 236 cals



**13.6 tsp**

Old Jamaica Ginger Beer (330ml) 201 cals



**12.5 tsp**

Galaxy Smooth Milkshake (376ml) 255 cals



**10.9 tsp**

This Juicy Water Lemons & Limes (420ml) 159 cals



**9.1 tsp**

Coca-Cola (330ml) 139 cals



**8.75 tsp**

Lipton Iced Tea Peach (500ml) 150 cals



**8.5 tsp**

San Pellegrino Limonata Italian Sparkling Lemon (330ml) 149 cals



**8.25 tsp**

Volvic Juiced Berry Medley (500ml) 130 cals



**8 tsp**

Britvic Orange 55 (275ml) 134 cals



**7.5 tsp**

Shloer Red Grape Juice (275ml) 118 cals



**7 tsp**

Sainsbury's Mango Juice Drink (200ml serving) 121 cals



**6.9 tsp**

# Sugars in carbonated drinks

'Upmarket' fizzy drinks with more sugar than Coke and Pepsi: Brands of ginger beer and cloudy lemonade have up to four teaspoons more than big brand cola



BITTER SWEET TREATS		
HIGH SUGAR FIZZY DRINKS	Sugar*	Teaspoons*
Coca-Cola or Pepsi	35g	9
Fentimans Traditional Curiosity Cola	37g	9
Tesco Finest Grape & Elderflower Spritz	37g	9
Fentimans Traditional Dandelion & Burdock	39g	11
Lorina Prestige Pink Citrus Lemonade	42g	11
Finches Sparkling Orange	44g	11
Sainsbury's Cloudy Lemonade	45g	11
Marks & Spencer Fiery Ginger Beer	46g	11
Waitrose Ginger Beer	46g	11
Club Orange	47g	12
Barr's Originals Ginger Beer	47g	12
Jammin Sparkling Ginger Beer Flavour Drink	51g	13
Old Jamaica Ginger Beer with Extra Fiery Jamaica Root Ginger	52g	13

\*Per 330ml serving (Recommended daily maximum - 25g or six teaspoons)

Open Access

Research

## BMJ Open Cross-sectional survey of the amount of free sugars and calories in carbonated sugar-sweetened beverages on sale in the UK

Kawther M Hashem, Feng J He, Katharine H Jenner, Graham A MacGregor

To cite: Hashem KM, He FJ, Jenner KH, et al. Cross-sectional survey of the amount of free sugars and calories in carbonated sugar-sweetened beverages on sale in the UK. *BMJ Open* 2016;6:e010874. doi:10.1136/bmjopen-2015-010874

► Prepublication history for this paper is available online. To view these files please visit the journal online (<http://dx.doi.org/10.1136/bmjopen-2015-010874>).

Received 15 December 2015  
Revised 4 October 2016  
Accepted 13 October 2016

### ABSTRACT

**Objectives:** To investigate the free sugars and calorie content of carbonated sugar-sweetened beverages (CSSB) available in the main UK supermarkets.

**Study design:** We carried out a cross-sectional survey in 2014 of 169 CSSB.

**Methods:** The free sugars (sugars g/100 mL) and calorie (kcal/100 mL) were collected from product packaging and nutrient information panels of CSSB available in 9 main UK supermarkets.

**Results:** The average free sugars content in CSSB was 30.1±10.7 g/330 mL, and 91% of CSSB would receive a 'red' (high) label for sugars per serving. There was a large variation in sugars content between different flavours of CSSB and within the same type of flavour ranging from 3.3 to 52.8 g/330 mL. On average, ginger beer (38.5±9.9 g/330 mL) contained the highest amounts of sugars and ginger ale (22.9±7.7 g/330 mL) contained the lowest. Cola flavour is the most popular flavour in the UK with an average free sugars content of 35.0±1.1 g/330 mL. On average, the supermarket own brand contained lower levels of sugars than branded products (27.9±10.6 vs 31.6±10.6 g/330 mL, p=0.02). The average calorie content in CSSB was 126.1±43.5 kcal/330 mL. Cola flavour had a calorie content of 143.5±5.2 kcal/330 mL. Among the 169 products surveyed, 55% exceeded the maximum daily recommendation for free sugars intake (30 g) per 330 mL.

**Conclusions:** Free sugars content of CSSB in the UK is high and is a major contributor to free sugars intake. There is a wide variation in the sugars content of CSSB and even within the same flavour of CSSB. These findings demonstrate that the amount of free sugars

### Strengths and limitations of this study

- This paper for the first time investigates the sugars content of carbonated sugar-sweetened beverages (CSSB) available in the UK supermarkets.
- The free sugars content in CSSB was found to be high, and there was a large variation in sugars content between different flavours and within the same type of flavour. These findings demonstrate that the amount of free sugars added to CSSB could be reduced without technical issues and there is an urgent need to set incremental free sugars targets.
- The study was based on the sugars content data provided on CSSB packaging labels in store; hence we relied on the accuracy of the data provided on the label. Therefore, it is assumed that the manufacturers provided accurate and up to date information in line with European Union regulations.

conditions.<sup>1 2</sup> Free sugars include all monosaccharides and disaccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juices. Under this definition lactose (milk sugar) when naturally present in milk and milk products and sugars contained within the cellular structure of foods (particularly fruits and



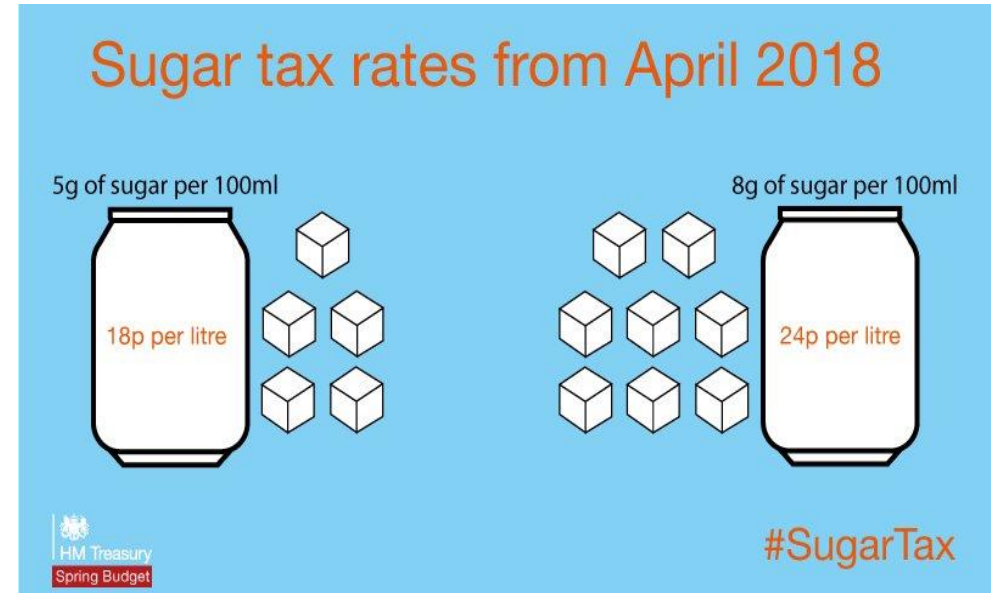
# Soft Drinks Industry Levy

Tiered tax on the manufacturer depending on how much sugar is in the drink.

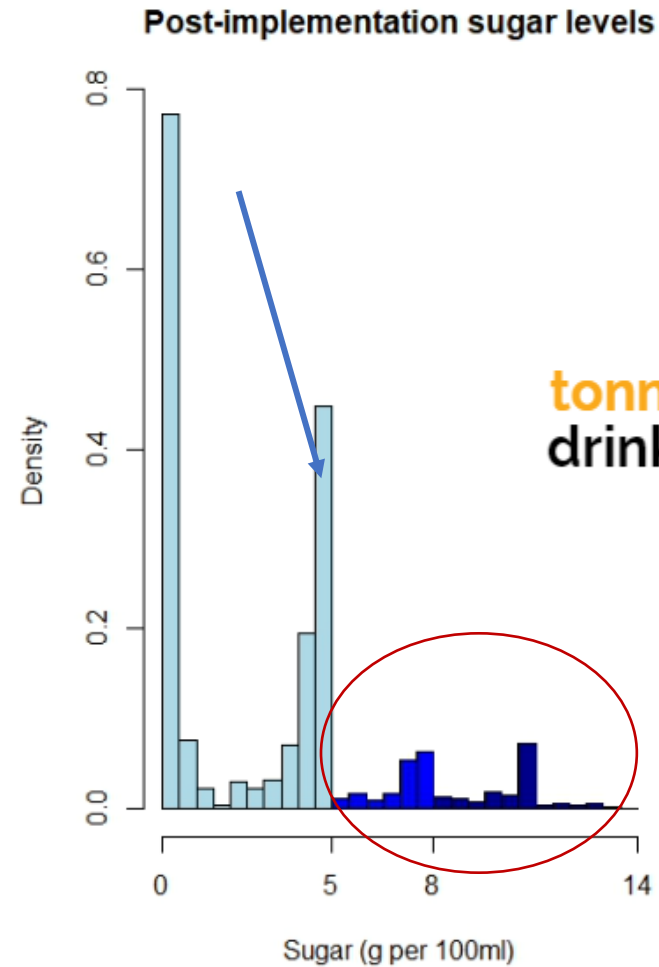
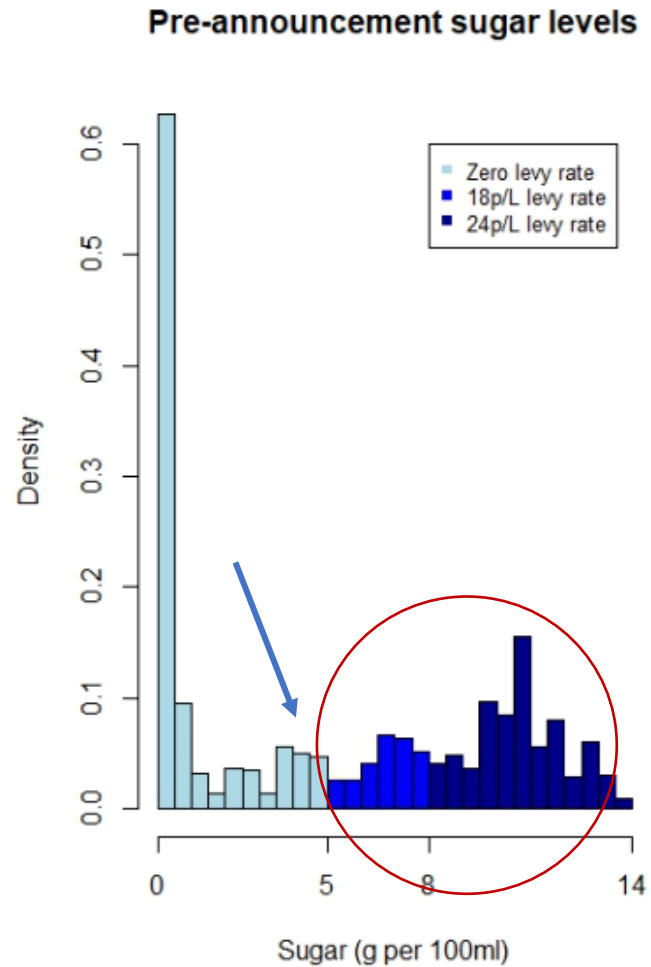
Incentivised companies to reduce sugar to reduce their tax bill.

Included:

- Drinks with sugar added during production, or anything that contains sugar, such as honey
- Drinks with at least 5g sugar per 100ml
- Drinks with an alcohol content of 1.2% ABV or less



# Soft Drinks Industry Levy Impact



**46,000**

**tonnes of sugar removed** from soft drinks, as a result of the **successful Soft Drinks Industry Levy**



Does sugar in soft drinks still  
matter?

# Drinks Still High in Sugar

55g/can



53g/bottle



22g/bottle



# Sugar Awareness Week Survey 2023

## KEY RESEARCH FINDINGS



>**1/3** drinks in major high street coffee shops **exceed** an adult's daily limit of sugar per serve



**3 in 5** drinks would have a 'red' (high) label for total sugars, if their nutrition labelling were more transparent



These drinks are a **key contributor** of calories and sugar to diets and can be reformulated



MILKSHAKES



SWEETENED  
COFFEES AND HOT  
CHOCOLATES








JUICES



SMOOTHIES

# 'SCANDALOUS' HELPINGS OF SUGAR IN 1 IN 3 HIGH STREET COFFEES

COFFEE SHOP	HIGHEST SUGAR PRODUCTS	DRINK FOOD	SUGAR (g) <sup>a</sup>	CALORIES (kcal)
	Thick Shake Toffee Apple Crumble		73.6	579
	Salted Caramel Fudge Cake		83	811
	<b>TOTAL</b>		<b>156.6 (39tsp)</b>	<b>1,390</b>
	Billionaire's Hot Chocolate		70.5	539
	Sticky Toffee Muffin		62	742
	<b>TOTAL</b>		<b>132.5 (33tsp)</b>	<b>1,281</b>
	Strawberry & Banana Smoothie		112	539
	Pain Au Raisin		18	742
	<b>TOTAL</b>		<b>130 (33tsp)</b>	<b>1,281</b>
	Red Summer Berries		52.5	218
	MacMillan Carrot & Walnut Cake		51	553
	<b>TOTAL</b>		<b>103.5 (26tsp)</b>	<b>771</b>
	Strawberry Frappe		40.6	393
	Mince Pie		60.2	454
	<b>TOTAL</b>		<b>100.8 (25tsp)</b>	<b>847</b>

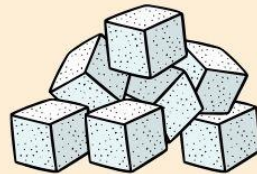
# Hot Chocolate with Whipped Cream



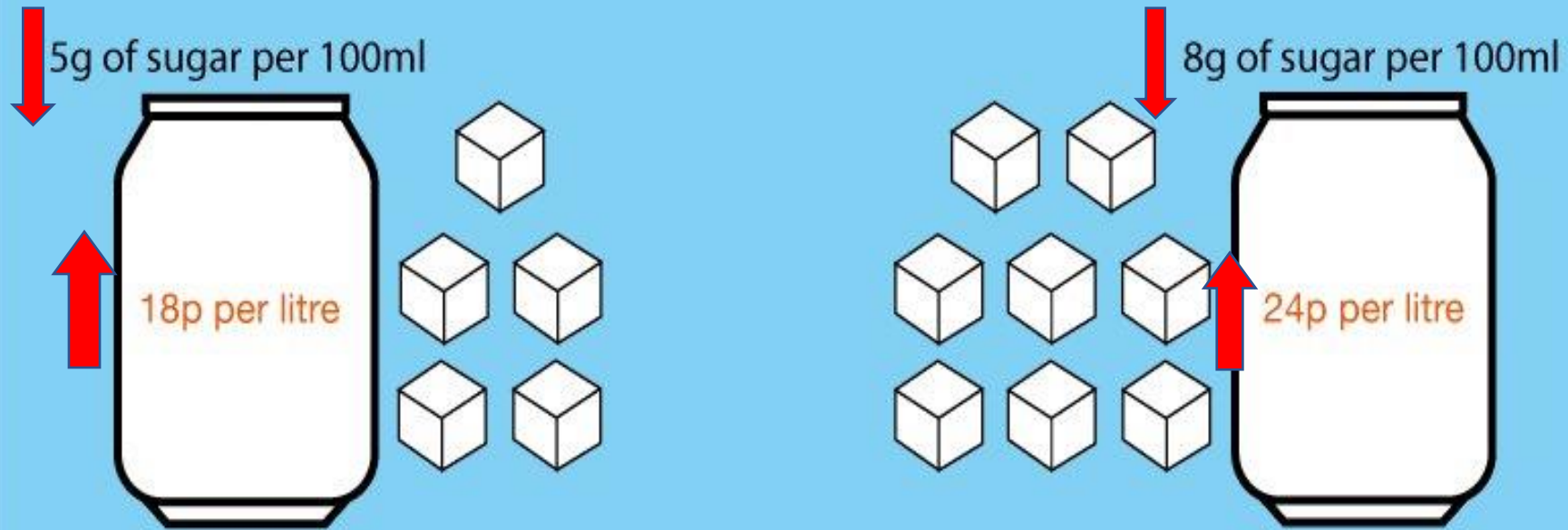
CAFFÈ  
**NERO**

58.9g sugars/serve → 30.2g sugars/serve

**28.7g difference**  
**(7tsp)**



# Sugar tax rates from April 2018



**Include juice and milk-based drinks**

# Sugars in Food





BREAKFAST  
CEREALS



YOGURTS AND  
FROMAGE FRAIS



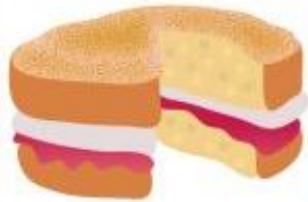
ICE CREAM,  
LOLLIES AND  
SORBETS



SWEET  
CONFECTIONARY



CHOCOLATE  
CONFECTIONARY



CAKES



MORNING  
GOODS



SWEET SPREADS  
AND SAUCES



BISCUITS



PUDDINGS



# 51% of 532 products were classified as unhealthy



# Not all products are equal



# Chocolate comparison between 1992 and 2017

- There were 23 products included in 1992 and 2017; the average sugar contents per 100 g were  $44.6 \pm 9.4$  g and  $54.7 \pm 6.3$  g ( $p < 0.001$ ) respectively, which represents an increase of 23%.







## Sugar








Calls on the food industry to reduce sugar in their most popular products by

**3.5%** by **2020**  
categories include:



- Reformulation
- Portion size
- Shift sales

# 'SCANDALOUS' HELPINGS OF SUGAR IN 1 IN 3 HIGH STREET COFFEES

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 **RECIPE**  
 **FOR**  
 **CHANGE**

**Calling for a new food industry levy to make  
our food healthier**

# Thank you

## **Acknowledgment**

Zoe Davies

Hattie Burt

Sonia Pombo

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[www.actiononsugar.org](http://www.actiononsugar.org)

TW: @Kawtherh / @actiononsugar

IG: @actiononsaltandsugar

# Giten Dahbi



Chair of the England Community Dental Services Committee (ECDSC)

- ❖ Elected as the Chair of ECDSC in October 2022.
- ❖ Chair of the London and South BDA Accredited Representatives.
- ❖ Graduated in 1998 at Guys Dental Hospital.
- ❖ Worked in Dental hospitals, District general hospitals, General practice and Community services
- ❖ Spent more than two decades working in Community dental services in London
- ❖ Regional trainer for the National epidemiology programme.
  
- ❖ Giten will be discussing the role of Community Dental Service, who they are, and what they do.
- ❖ The impact of sugar on oral health and current campaigns
- ❖ Importance of prevention and healthcare professionals working together to improve experience for patients





**Oral Health Promotion**

**The Link Between Nutrition  
and Dental Disease**



# Introduction To CDS

# INTRODUCTION

## Introduction:

1. Introduction to the CDS
2. Causes of dental disease
3. Impact of dental disease
4. Oral health and nutrition
5. Resources and tips

# COMMUNITY DENTAL SERVICE

## Community Dental Services:

We accept referrals from general dental practitioners and other health/social care professionals.

We aim to provide a high quality dental care service for patients with the goal of reducing health inequalities and improving the oral health of the local population.

- Services provided include adult special care dentistry, pediatric dentistry, oral surgery services
- Other services focus on prevention – OHP/ education and fluoride varnish programs

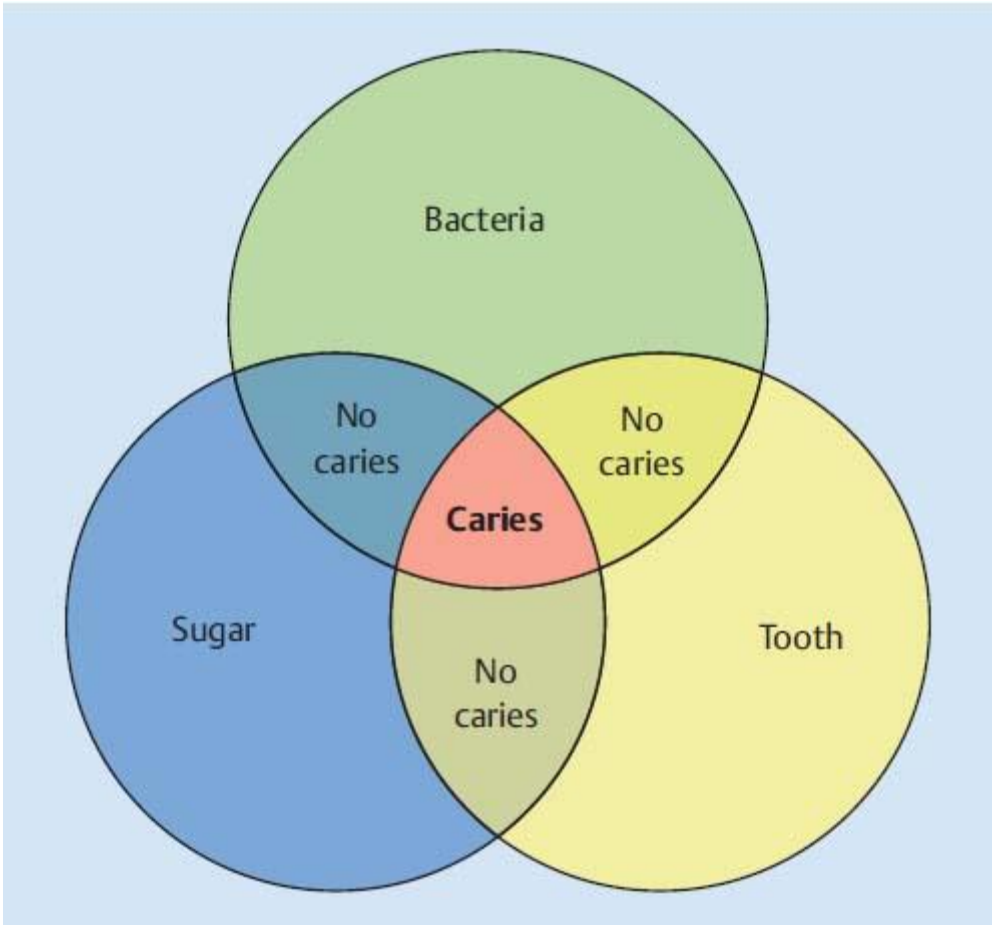
# VISION

## Our Vision:

Working in partnership towards achieving a generation that is free from dental disease and improved oral health.

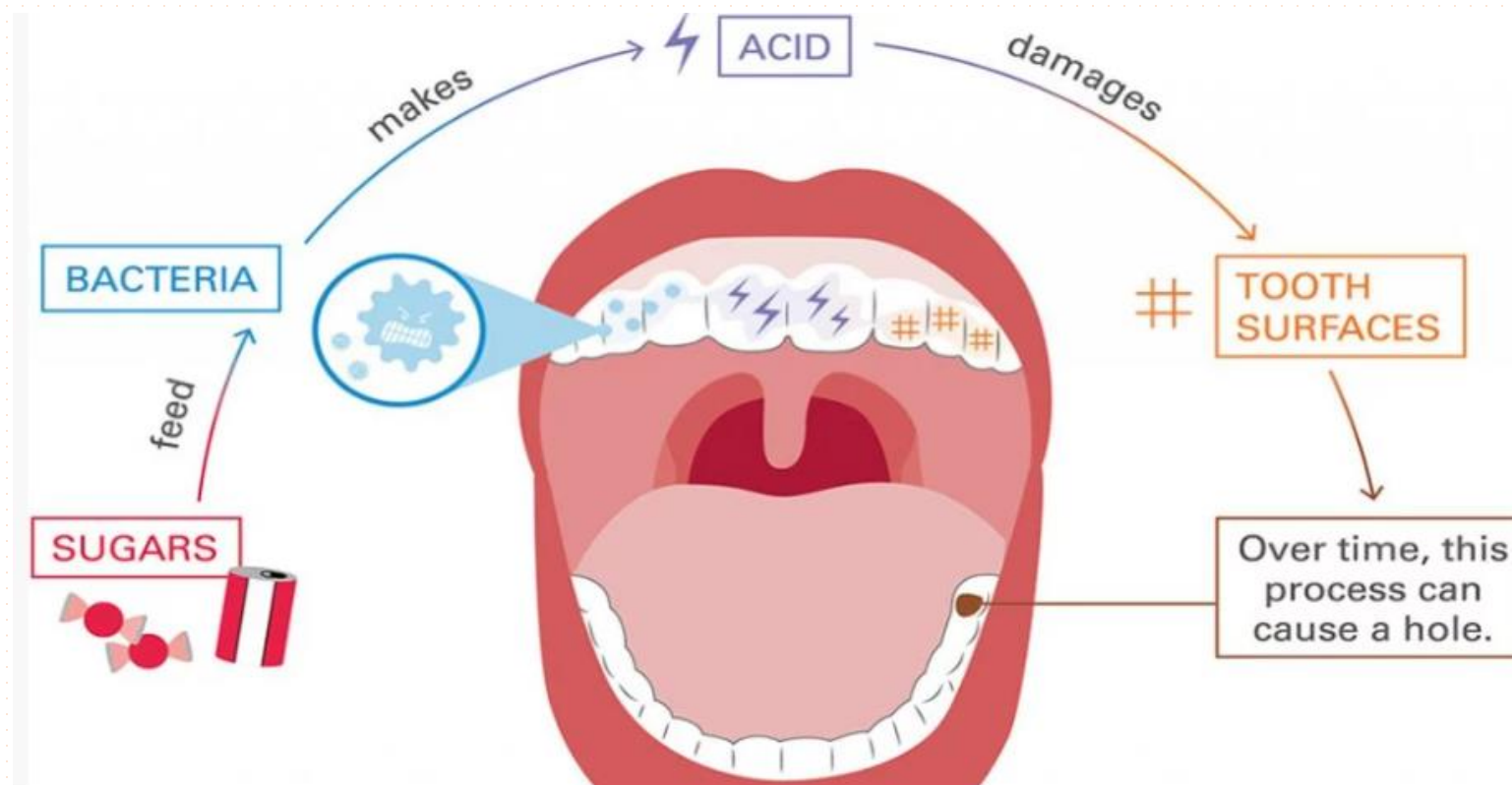






# TOOTH DECAY

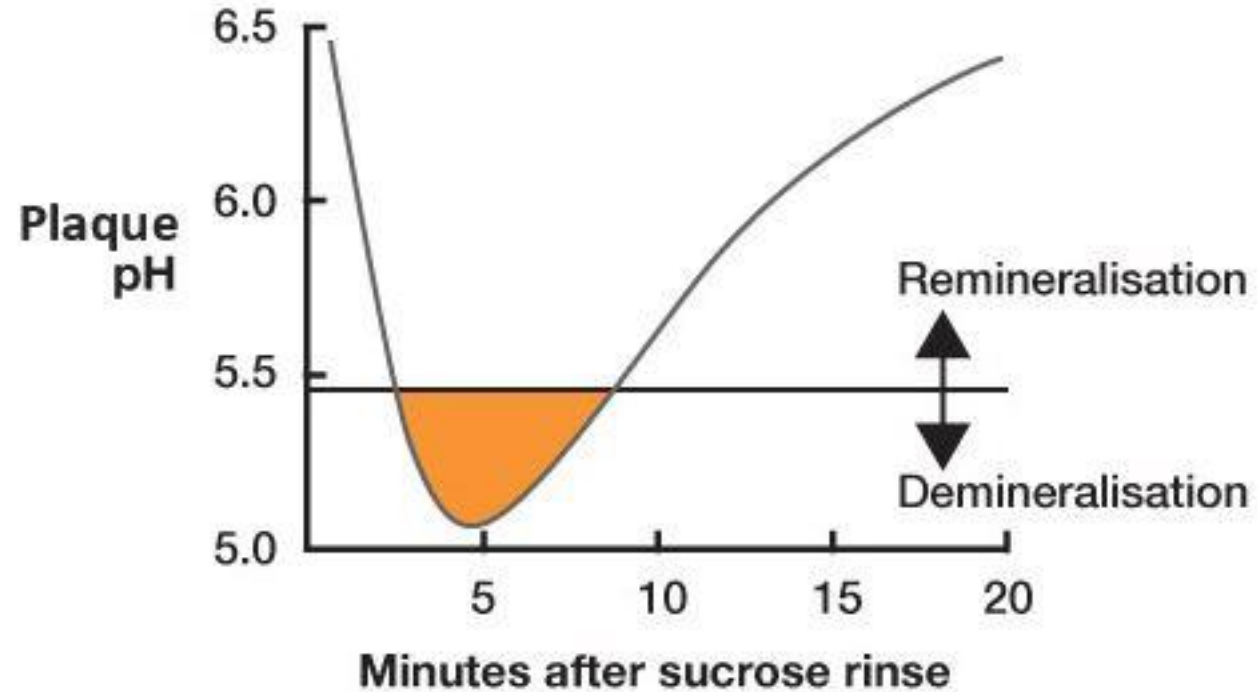
## Process of Tooth Decay





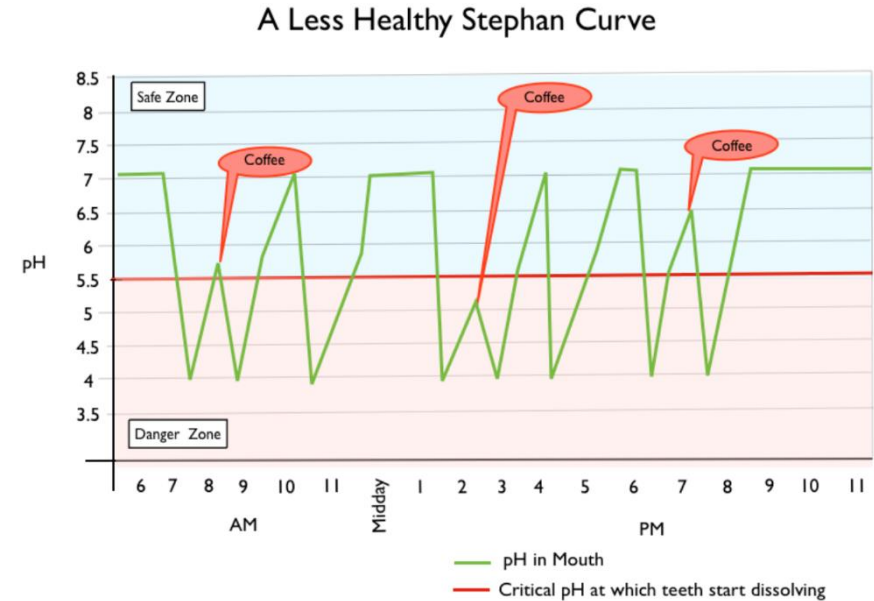
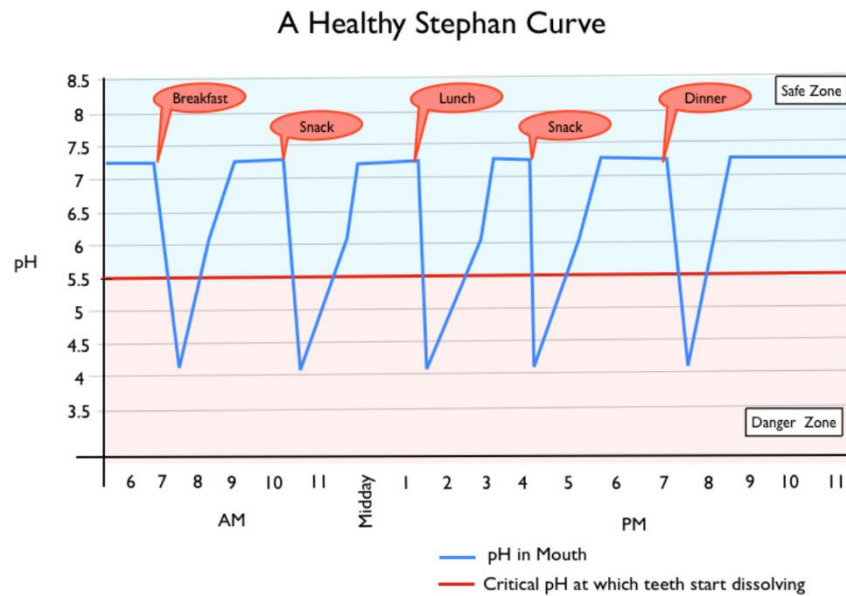
# STEPHAN CURVE

## Process of Tooth Decay – The Stephan Curve



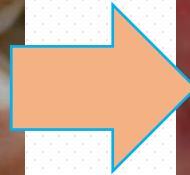
# STEPHAN CURVE

## Process of Tooth Decay – The Stephan Curve



# TOOTH DECAY

## Tooth Decay



Tooth decay is a **PREVENTABLE** disease!



# Impact of Dental Disease

# NDEP 2022

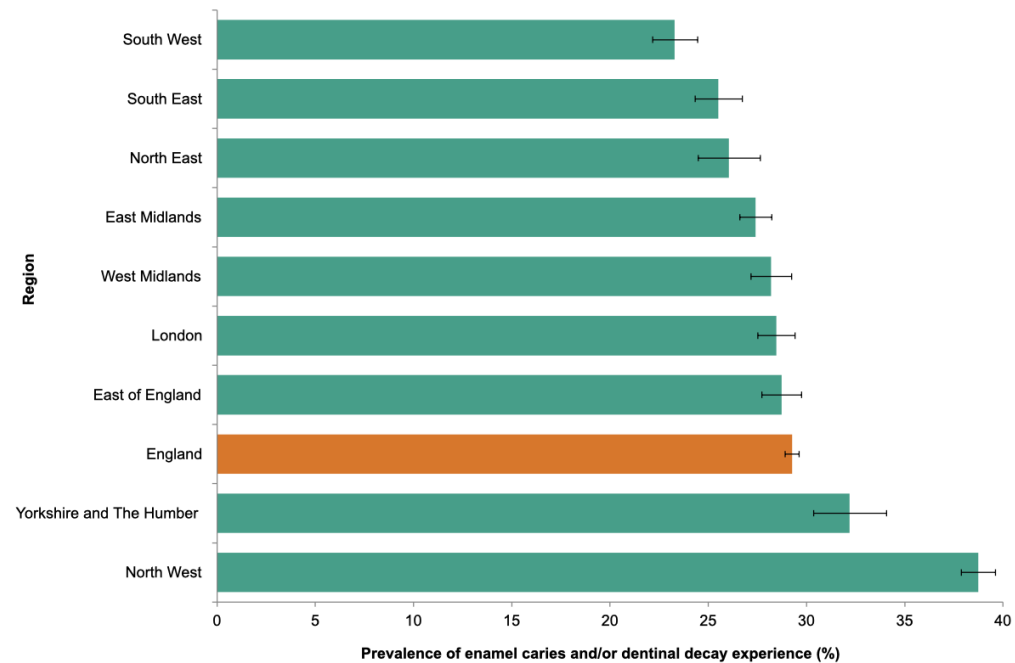
## The Facts/ Figures – NDEP 2022

- 23.7% of 5-year-old children had obvious dentinal decay (23.4% in 2019 NDEP)
- Average of 3.5 teeth with dentinal decay
- Children living in the most deprived areas of the country were almost 3 times as likely to have experience of dentinal decay (35.1%) as those living in the least deprived areas (13.5%).

# NDEP 2022

## The Facts/ Figures – NDEP 2022

Figure 1: Children with any obvious decay: prevalence of enamel decay and/or dentinal decay experience in 5 year olds in England by region, 2022





## FACTS/ FIGURES

### The Facts/ Figures:

- Tooth decay was still the most common reason for hospital admission in children aged between 6 and 10 years.
- The costs to the NHS of hospital admissions for tooth extractions - £81.0 million for all tooth extractions and £50.9 million for caries-related tooth extractions in the financial year 2021 to 2022.

# IMPACT DENTAL DISEASE

## Implications of Dental Disease

- Longer term consequences are that children who have decay at an early age are likely to go onto develop decay in their permanent teeth and to enter a lifetime cycle of repair, which may lead to eventual tooth loss
- A further study has shown that 40% of children with dentinal decay went on to experience tooth ache and infection

# IMPACT DENTAL DISEASE

Research about extractions in children in North West hospitals found that **26%** had missed days from school because of dental pain and infection



An average of **3 days** of school were missed due to dental problems



**67%** of parents reported their child had been in pain



**38%** of children had sleepless nights because of the pain



Many days of work were potentially lost as **41%** of parents/carers were employed

# IMPACT DENTAL DISEASE

## The Impact – Dental Caries



# IMPACT DENTAL DISEASE

## The Impact – Abscess





# IMPACT DENTAL DISEASE

## The Impact – Bottle Caries





# IMPACT DENTAL DISEASE

## The Impact – Decay in Adults



# IMPACT DENTAL DISEASE

## Implications of Dental Disease



**Viv Bennett**  
@VivJBennett Follow

Powerful & shocking image from @NHS / @NHS #AllOurHealth has child oral health topic [bit.ly/2ailHEY](http://bit.ly/2ailHEY) We can all help prevent

**@NHS / Claire** @NHS  
This jar contains the teeth I extracted during one afternoon in theatre, including 16 from a two year old child.

1:45 am - 11 Oct 2017

13 Retweets 4 Likes

1 13 4

## IMPACT DENTAL DISEASE

**Poor oral Health affects children's ability to sleep, eat, speak, play and socialise with other children. It can also affect their mental health.**

**Tooth decay can be prevented by practicing:**

- ✓ **An effective oral hygiene routine**
- ✓ **A well- balanced diet, keeping sugary food and drink to a minimum, and only at mealtimes**
- ✓ **Regular visits to the Dentist**



# Oral Health and Nutrition



<b>Protein/calorie malnutrition</b>	<b>Delayed tooth eruption, Reduced tooth size Decreased enamel solubility, Salivary gland dysfunction.</b>
<b>Vitamin A</b>	Decreased epithelial tissue development, Impaired tooth formation, Enamel hypoplasia.
<b>Vitamin D/Calcium phosphorus</b>	Lowered plasma calcium, Hypomineralisation Compromised tooth integrity, Delayed eruption pattern Absence of lamina dura, Abnormal alveolar bone patterns.
<b>Vitamin C</b>	Irregular dentin formation, Dental pulpal alterations Bleeding gums, Delayed wound healing, Defective collagen formation.



Deficient Nutrient	Effect on oral structures
Vitamin B1(Thiamine)	Cracked lips, Angular cheilosis
Vitamin B2 ( Riboflavin) Vitamin B3 (Niacin)	Inflammation of the tongue, Angular cheilosis Ulcerative gingivitis
Vitamin B6	Periodontal disease, Anaemia Sore tongue Burning sensation in the oral cavity.
Vitamin B12	Angular cheilosis, Halitosis Bone loss, Haemorrhagic gingivitis Detachment of periodontal fibers Painful ulcers in the mouth
Iron	Salivary gland dysfunction Very red, painful tongue with a burning sensation, Dysphagia, Angular cheilosis



# DIETARY SUGARS

## Dietary Sugars

Intrinsic and Milk Sugars	Free Sugars
<ul style="list-style-type: none"><li>• Intrinsic sugars are those that are present naturally within the cellular structure of food.</li><li>• These sugars are found in foods such as whole fruit and vegetables.</li><li>• Milk sugars are those found naturally in milk and milk products.</li></ul>	<ul style="list-style-type: none"><li>• 'Free sugars' includes all sugars (monosaccharides and disaccharides) added</li><li>• This can be added by manufacturer, cook or consumer</li><li>• This includes sugar naturally present in honey, syrups, fruit juices and fruit juice concentrates</li></ul>

**Free sugars should be limited as they could cause tooth decay**

# DIETARY SUGARS

## Dietary Sugars - Free Sugars

### Free Sugars

- It is recommended that the average population intake of free sugars should not exceed 5% of total dietary energy for age groups from 2 years upwards
- The recommended upper 'threshold' of free sugars intake, by age, is presented below and can be accessed on the NHS Change4Life website.

<b>Age</b>	<b>Maximum daily amounts of added sugar</b>
<b>4 to 6 years</b>	5 cubes (19 grams)
<b>7 to 10 years</b>	6 cubes (24 grams)
<b>11 years and over</b>	7 cubes (30 grams)

# DIETARY SUGARS

## Dietary Sugars – Free Sugars

**The main sources of free sugars consumed by children:**

Soft drinks and fruit drinks  
Cereal and cereal products  
Sugar, preserves and confectionery

**Kids are getting a lot of their sugar from...**



Fizzy drinks  
Juice drinks



Buns  
Cakes  
Pastries  
Biscuits



Breakfast cereals  
Yoghurts



Sweets  
Chocolate  
Ice cream

# DBOH – DIET ADVICE

## Delivering Better Oral Health

Minimise the amount and frequency of consumption of sugar-containing foods and drinks

Recognise honey, smoothies, fresh fruit juice and dried fruit contain cariogenic sugars -- not to be consumed as snacks.

Avoid sugar-containing foods and drinks at bedtime when saliva flow is reduced, and buffering capacity is reduced



All food and drink containing sugars should be consumed as part of a meal and not as a between-meal snack.

Fizzy drinks, soft drinks, juice drinks and squashes sweetened with sugar have no place in a child's daily diet

# DIET ADVICE

## Diet Advice

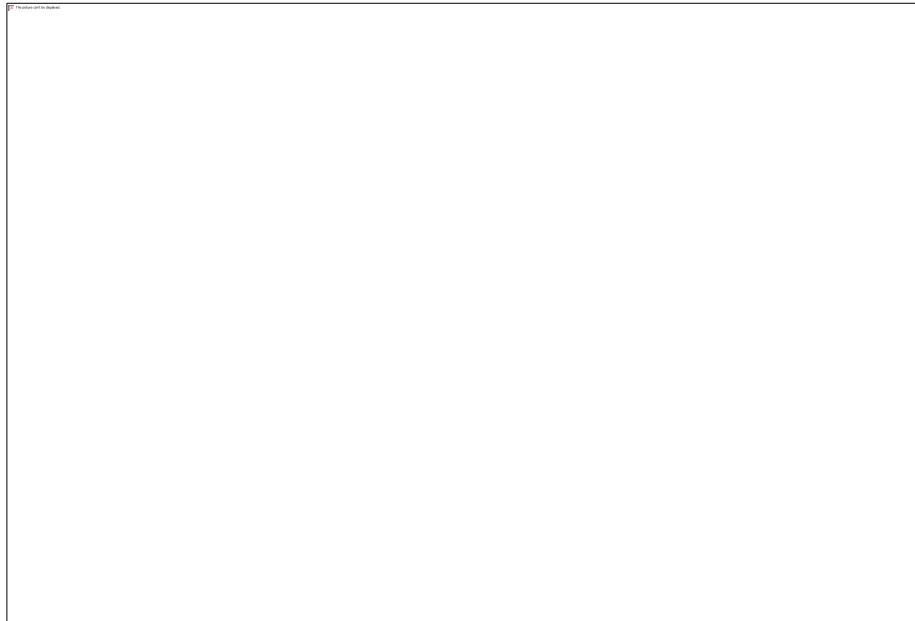
- ✓ Sugar should not be added to food or drinks, especially when weaning
- ✓ Minimise consumption of sugar-containing foods and drinks in diet and limit to mealtimes only
- ✓ Avoid sugar-containing foods and drinks at bedtime when saliva flow is reduced and buffering capacity is lost
- ✓ Use sugar-free versions of medicines if possible

# DIET ADVICE

## Examples Cariogenic Food

- ✓ Sugar and chocolate confectionery
- ✓ Cakes and biscuits
- ✓ Buns, pastries, fruit pies
- ✓ Sponge puddings and other puddings
- ✓ Table sugar
- ✓ Sugared breakfast cereals
- ✓ Jams, preserves, honey
- ✓ Fresh fruit juice
- ✓ Ice cream
- ✓ Sugared soft drinks
- ✓ Sugared, milk-based beverages
- ✓ No added Sugar drinks
- ✓ Dried fruits
- ✓ Honey
- ✓ Syrups and sweet sauces





Positive Learner on Instagram: "Little Girl choose 🗣️ over 🗑️👎. Double tap ❤️ and tag someone who needs to see this! 📄 Credits belong to their respective owner(s). Like the content? ⬇️ Hit that follow button for more! 📍 @PositiveLearner 📄🌟 #positivelearner #inspiration #motivation #bestoftheday #success #trending #viral #viralreels #virals #mindsetcoach #inspirational #successquotes #viral #quoteoftheday #powerofpositivity #successfulmindset #positivity #motivationalquote #mindset #positivelearner #mindsetshift #quotes #quotesaboutlife #motivationalquotes #successquotes #kindness" [instagram.com](https://www.instagram.com)

# ACID EROSION

## Impact of Diet – Acid Erosion

Acidic drinks are the most common unhealthy type of drinks in respect to acid erosion.

- Carbonated water, with fruit flavouring or lemon has been shown to have high erosive potential, as have 'fruit juices' or fruit teas
- Advise to reduce intake frequency, but if consuming, advise to have only at mealtimes
- Advise against swishing and swilling acidic drinks in mouth & use a reusable straw to limit contact with teeth

# ACID EROSION

## Impact of Diet – Acid Erosion





**Resources and Tips**

# RESOURCES

## Whittington Health – Diet Advice

### What causes tooth decay?

Tooth decay is caused by sugars which you eat and drink.

- It is important to consider how the food and drinks you give your child can affect their teeth.
- Often it is not just **what** they eat and drink but **when** they eat and drink it.

### How can I protect my child's teeth?

Three key points to follow for healthy teeth are:

1. Reduce the **total** amount of sugar that you consume.
2. Reduce the **number of times a day** you eat sugar, having food and drinks which contain sugar at a **mealtime only, maximum three times daily**.
3. Avoid sugar containing foods and drinks **at bedtime**.

### Which foods and drinks contain sugar?

Note: Many food and drinks aimed at children contain sugar while claiming to be "no added sugar", "natural" and "organic".

FOODS	DRINKS
<ul style="list-style-type: none"><li>• Cakes, chocolates, biscuits, sweets, lollipops</li><li>• Dried fruits e.g. raisins</li><li>• Flavoured yoghurts</li><li>• Yoghurt coated fruit</li><li>• Cereals with added sugar and cereal bars</li><li>• Tomato ketchup</li><li>• Honey</li><li>• Tinned soups</li></ul>	<ul style="list-style-type: none"><li>• Smoothies</li><li>• Fizzy drinks</li><li>• Energy drinks</li><li>• Flavoured water</li><li>• Flavoured milk</li><li>• Diluted juice/squash (including no added sugar)</li><li>• Fruit juice</li></ul>

### Some tooth friendly snack suggestions:

- Fresh whole fruits and vegetable
- Natural plain yoghurt with added fruit/vegetables (not dried fruit)
- Breadsticks, toast or sandwiches (no jam/chocolate spread), chapattis, bagels
- Oatcakes, rice cakes
- Crackers with or without cheese
- Unsweetened pop corn
- Eggs



### Which drinks are safe for my child's teeth?

- **Plain milk** and **plain water** are safe choices to drink.
- Only milk or water should be drunk between meals.
- Ideally no sugar should be added to food and drinks such as breakfast cereals and milk.
- After brushing teeth at bedtime, only drink water if a drink is required.



### Sugar free medicines

- Some medicines contain sugar.
- Ask your doctor/dentist/pharmacist for sugar free medicines where possible.
- If there is no alternative, ask if it can be taken with a meal and rinse your child's mouth after taking it.

# RESOURCES

## Change 4 Life – Sugar Smart

Top tips for teeth

Top tip

Twice is nice!

start 4 life

Brush your teeth twice a day, once before bed and once at any other time. Ask your dentist for more top tips.

change 4 life

© Crown copyright 2017 / CCL4Life

Top tips for teeth

Top tip

Be sugar smart!

Switch out sugary drinks for sugar free, diet or no added sugar drinks instead. But remember, plain water or lower fat milks are best. Download the Change4Life Food Scanner app to see what's in your food and drink.

App Store | Google Play

change 4 life

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# RESOURCES

## BSPD - Tips



**1** Reduce the amount and frequency of foods and drinks that contain sugars.



**2** Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least one other occasion. After brushing, spit don't rinse.



**3** Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis.

Parents/carers should brush/supervise tooth brushing until their child is at least 7.

Under 3s should use a smear of toothpaste.

**0-3**



3 to 6 year olds should use a pea sized amount.

**3-6**



Children and young people 7 years and older should continue brushing with a fluoride paste.

**7+**

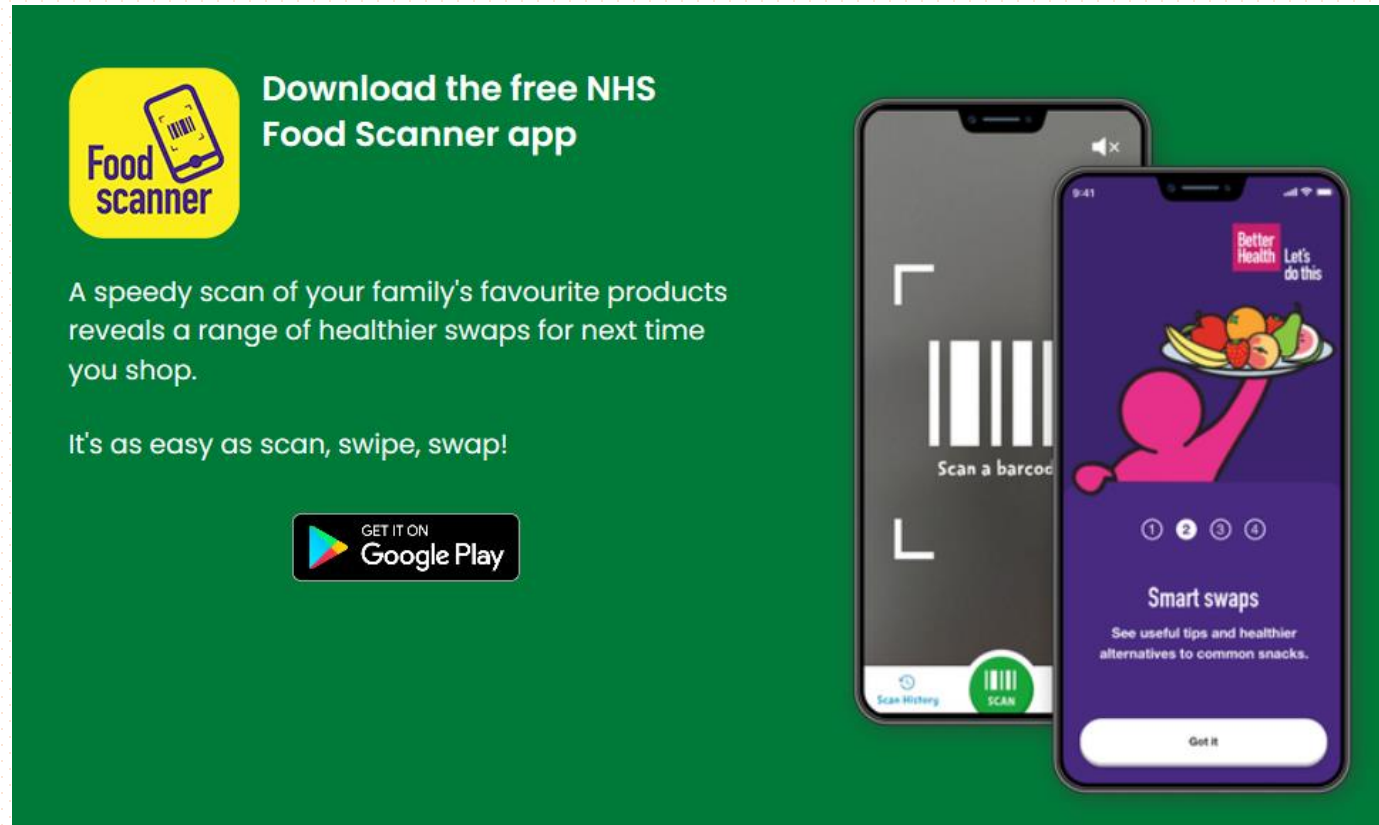


Adapted from Health Matters: child dental health - GOV.UK ([www.gov.uk](http://www.gov.uk)) with permission.

[www.bspd.co.uk](http://www.bspd.co.uk)

# RESOURCES

## NHS Food Scanner App



**Food scanner**

Download the free NHS Food Scanner app

A speedy scan of your family's favourite products reveals a range of healthier swaps for next time you shop.

It's as easy as scan, swipe, swap!

GET IT ON  
Google Play

Scan a barcode

9:41  
Better Health Let's do this  
Smart swaps  
See useful tips and healthier alternatives to common snacks.  
Get it

The advertisement features a green background. On the left, there is a yellow square icon with a smartphone and a barcode, labeled 'Food scanner'. Below this is the text 'Download the free NHS Food Scanner app'. Further down, a paragraph describes the app's function: 'A speedy scan of your family's favourite products reveals a range of healthier swaps for next time you shop.' Below that, it says 'It's as easy as scan, swipe, swap!'. At the bottom left is the 'GET IT ON Google Play' logo. On the right, two smartphones are shown. The background phone displays a barcode scanner interface with the text 'Scan a barcode' and a 'SCAN' button. The foreground phone shows the app's main screen with a purple background, a 'Better Health Let's do this' logo, an illustration of a person holding a plate of fruit, and a 'Smart swaps' section with a 'Get it' button.



**Thank You**



The Urban Farmer Project:  
**Plant to Plate**







# What is Plant to Plate

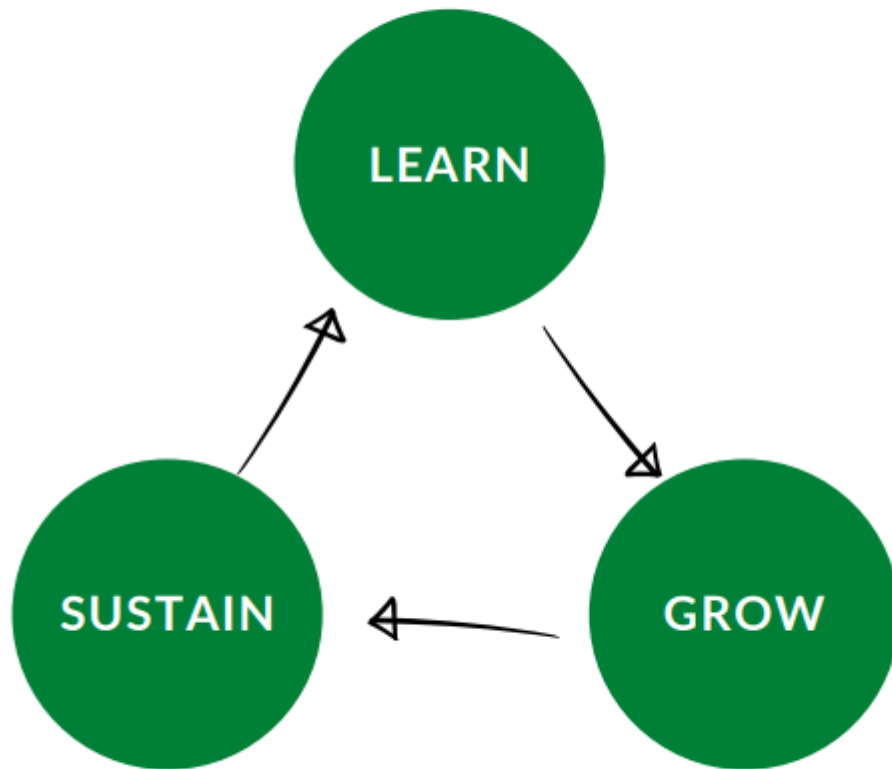


# Plant to Plate:

Our project aims to make healthy eating easy for everyone through a **curriculum-based program**.

We're on a mission to spark children's curiosity about food by **taking them on a holistic and exciting journey**, showing them how it's grown and cooked.

Fostering a green revolution in schools to **nurture the future generation of urban farmers**.





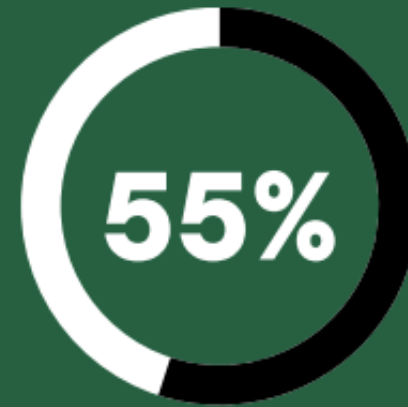
2019 - 2020



2020 - 2021



2021 - 2022



2024 - 2025

Overweight and Obesity  
rates in 10-11 year olds.



# Tooth Decay

**1 in 4**



Children with tooth decay

- 1 Tooth extractions cost the NHS £3.4 billion alone in 2021
- 2 Child tooth decay costs £40m + annually
- 3 Children from deprived areas are 2 times more likely to have tooth decay (34%) / (14%)

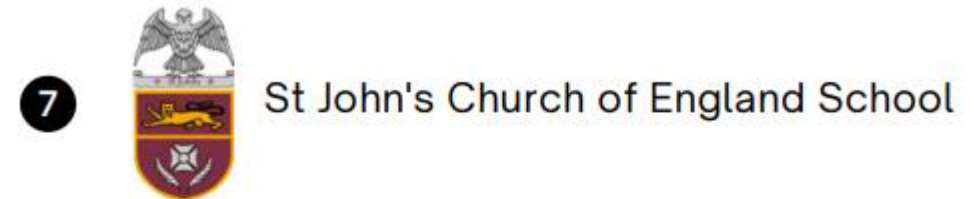


# Outputs

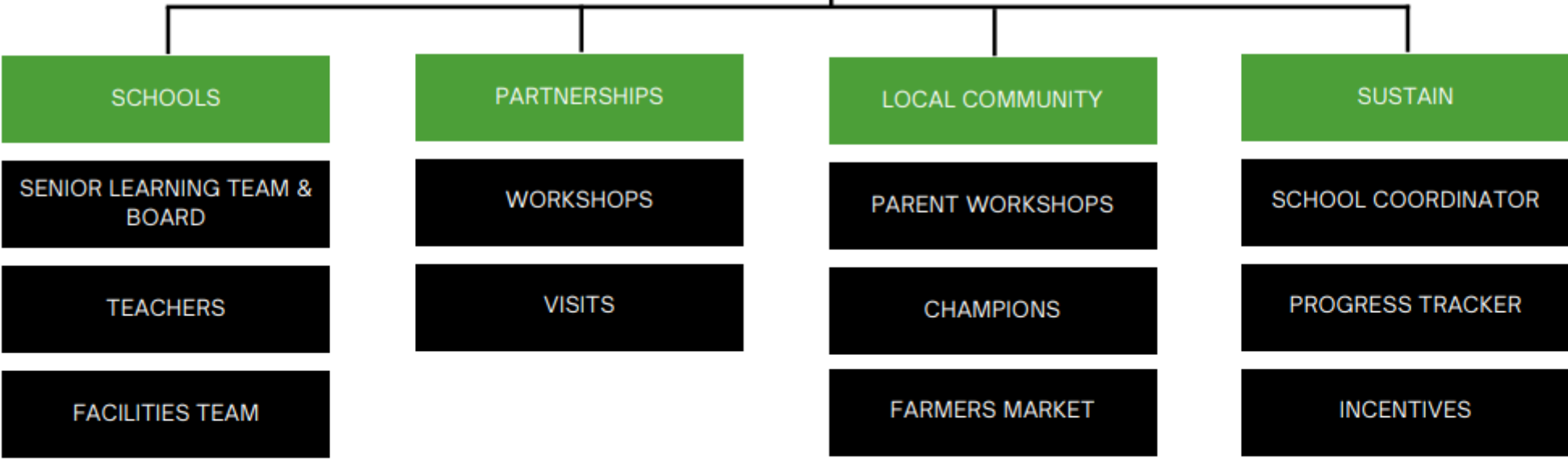


- 1 Impacting health inequalities in Harrow and beyond
- 2 Educating children on making better health choices
- 3 Work towards achieving Food For Life and Ofsted Awards
- 4 Create the next generation of urban farmers
- 5 Changing the culture for the whole school
- 6 Creating a community approach - from caretaker to headmaster - to better the lifestyles of London's children

# Schools



# Inclusive and collaborative



The background of the entire image is a photograph of a group of people holding hands in a circle, silhouetted against a vibrant sunset sky with scattered clouds. The colors range from deep blue at the top to warm orange and yellow near the horizon. A semi-transparent green rectangular box is overlaid on the left side of the image, containing the text.

# Partnerships & Workshops

# Partnerships



Public Health  
England

Permablitz London





# Public Health

## Healthy snacks

---

Encouraging healthy, affordable  
packed snacks  
Hands-on learning



## Healthy eating

---

Encouraging best practice  
Encouraging healthier food  
choices  
Encouraging a balanced diet



## Healthy choices

---

Encouraging better health  
choices for parents and  
children  
Culturally representative





# Dental Hygiene

## Education

---

Lack of oral hygiene education amongst groups in schools



## Access to care

---

Encouraging parents to register to local dentists



## Supervised brushing

---

Supervised brushing sessions with Public Health  
Informative dental workshops



# Cooking Workshops

## Delicious Recipes

---

Delicious & easy recipes  
Affordable & family friendly  
Healthy & sustainable



## Sustainable

---

Vegetarian and plant-based  
recipes  
Fuelled on surplus ingredients



## Top chefs

---

Cooking workshops  
Led by top chefs from Hilton  
Hotels and London's  
Community Kitchen







# Food Waste

Teaching primary school children about food waste is essential as it cultivates lifelong awareness, responsible habits, and empathy. This fosters resource appreciation, reduces waste, and promotes a sustainable and compassionate future.



**West London Waste**

*Treating waste as a valuable resource*

Permablitz London





# The Urban Farmer Starter Kit:



## The Urban Garden starter kit:

- Raised planting beds
- Gardening tools
- Seeds
- Small growing pots
- Gardening gloves

# Plant to Plate Objectives



**Plant 2 Plate curriculum core learning outcomes and expectations for schools**

Expected learning outcomes for children	Teaching materials	<a href="#">National curriculum link</a>
<b>1. Healthy eating</b>		
KS1: <b>1.1.</b> Awareness of the Eatwell Guide as the main guide for healthy eating	KS1: <a href="https://www.foodafactoflife.org.uk/5-7-years/healthy-eating-5-7-years/eat-well-5-7-years/">https://www.foodafactoflife.org.uk/5-7-years/healthy-eating-5-7-years/eat-well-5-7-years/</a>  KS2: <a href="https://www.foodafactoflife.org.uk/7-11-years/healthy-eating-7-11-years/the-diet-7-11-years/">https://www.foodafactoflife.org.uk/7-11-years/healthy-eating-7-11-years/the-diet-7-11-years/</a>  African/Caribbean Eatwell guide: <a href="https://www.diversenutritionassociation.com/new-page-1">https://www.diversenutritionassociation.com/new-page-1</a>	P5, 2.5 "All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice"  P183 - cooking and nutrition  "Pupils should be taught to:
KS1: <b>1.2.</b> Know the 5 main food groups and understand that we need to eat a balanced diet including all of them		Key stage 1 <ul style="list-style-type: none"> <li>● use the basic principles of a healthy and varied diet to prepare dishes</li> </ul>
KS2: <b>1.3.</b> Understand the role of each food group within the body and how a healthy diet supports overall health		Key stage 2 <ul style="list-style-type: none"> <li>● understand and apply the principles of a healthy and varied diet"</li> </ul>



<p>KS2: 1.4. Understanding of different cultural diets and foods across the world</p>	<p>South Asian Eatwell guide: <a href="https://mynutriweb.com/wp-content/uploads/2021/10/Untitled-700-x-700-px.pdf">https://mynutriweb.com/wp-content/uploads/2021/10/Untitled-700-x-700-px.pdf</a></p>	
<p><b>2. Food growing</b></p>		
<p>2.1. Expand on knowledge of the plant cycle to cover how certain plant foods grow/where they come from. Recommended to include: potatoes, tomatoes and/or herbs, bread (wheat)</p>	<p>KS1: <a href="https://www.foodafactoflife.org.uk/5-7-years/where-food-comes-from-5-7-years/">https://www.foodafactoflife.org.uk/5-7-years/where-food-comes-from-5-7-years/</a></p> <p>KS2: <a href="https://www.foodafactoflife.org.uk/7-11-years/where-food-comes-from-7-11-years/">https://www.foodafactoflife.org.uk/7-11-years/where-food-comes-from-7-11-years/</a></p> <p>How vegetables grow video: <a href="#">Vegetables - Food for Life</a></p>	<p>P151 - Science year 2 programme of study</p> <p>“Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>● observe and describe how seeds and bulbs grow into mature plants</li> <li>● find out and describe how plants need water, light and a suitable temperature to grow and stay healthy.”</li> </ul>
<p>2.2. Grow at least one plant food that grows above ground e.g. tomatoes* or herbs; and one plant food that grows below ground e.g. potatoes* or onions, to link to learning outcome 2.1.</p> <p>(*recommended to grow tomatoes &amp; potatoes if possible, as they are the main ingredient of recommended recipes in cooking section)</p>	<p>Tomatoes: <a href="https://www.rhs.org.uk/vegetables/tomatoes/grow-your-own">https://www.rhs.org.uk/vegetables/tomatoes/grow-your-own</a></p> <p>Potatoes: <a href="https://www.rhs.org.uk/vegetables/potatoes/grow-your-own">https://www.rhs.org.uk/vegetables/potatoes/grow-your-own</a></p> <p><a href="https://www.foodafactoflife.org.uk/7-11-years/food-commodities-7-11-years/potatoes-7-11-years/">https://www.foodafactoflife.org.uk/7-11-years/food-commodities-7-11-years/potatoes-7-11-years/</a></p> <p><a href="https://www.foodforlife.org.uk/~/_media/files/kgp%20resources%20y1/awards%20and%20membership/re">https://www.foodforlife.org.uk/~/_media/files/kgp%20resources%20y1/awards%20and%20membership/re</a></p>	<p>P157 - Science year 3 programme of study</p> <p>“Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>● explore the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary from plant to plant</li> </ul> <p>P183 - cooking and nutrition</p>

	<a href="#">cipes/veg%20mains%20and%20sides/fv_25_potatoes.pdf</a>	“Pupils should be taught to:  Key stage 1
<b>2.3.</b> Understand the principles of food seasonality and how this links with sustainability/climate change	<a href="https://www.foodforlife.org.uk/portal/resources?Category=climate_and_nature&amp;AgeGroup=primary&amp;ResourceType=teaching_resources">https://www.foodforlife.org.uk/portal/resources?Category=climate_and_nature&amp;AgeGroup=primary&amp;ResourceType=teaching_resources</a>	<ul style="list-style-type: none"> <li>understand where food comes from</li> </ul> Key stage 2
<b>2.4.</b> Understand why food waste is bad for the environment and how we can reduce this	<p>Love Food Hate Waste <a href="https://www.lovefoodhatewaste.com/">https://www.lovefoodhatewaste.com/</a></p> <p>Be a food waste warrior <a href="https://www.worldwildlife.org/teaching-resources/toolkits/be-a-food-waste-warrior">https://www.worldwildlife.org/teaching-resources/toolkits/be-a-food-waste-warrior</a></p>	<ul style="list-style-type: none"> <li>understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.”</li> </ul>
<b>3. Cooking</b>		
<b>3.1.</b> Learn how to cook, at a minimum, the following recipes: <ul style="list-style-type: none"> <li>A basic tomato sauce (using tomatoes grown)</li> <li>Vegetable soup - use seasonal veg</li> <li>Bread or pizza (using handmade dough)</li> <li>Frittata (using potatoes grown)</li> </ul> <p>Also recommended to teach how to cook other cultural dishes e.g. using</p>	<p>Basic tomato sauce: <a href="https://www.foodfactoflife.org.uk/recipes/food-life-skills/basic-tomato-sauce/">https://www.foodfactoflife.org.uk/recipes/food-life-skills/basic-tomato-sauce/</a></p> <p>Leek &amp; potato soup: <a href="https://www.foodforlife.org.uk/~media/files/resources/ffl%20school%20resources/skill%20up%20start%20cooking%20recipes/leek_potato_soup_grow_cook_susc.pdf">https://www.foodforlife.org.uk/~media/files/resources/ffl%20school%20resources/skill%20up%20start%20cooking%20recipes/leek_potato_soup_grow_cook_susc.pdf</a></p> <p>Simple bread: <a href="https://www.foodfactoflife.org.uk/recipes/3-5-years/brilliant-bread/">https://www.foodfactoflife.org.uk/recipes/3-5-years/brilliant-bread/</a></p>	<p><a href="#">The National Curriculum</a> P183 - cooking and nutrition</p> <p>“As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves</p>

<p>foods from the African Caribbean or South Asian Eatwell Guides</p>	<p>Pizza dough:  <a href="https://www.foodafactoflife.org.uk/recipes/5-11-years/pizza-yeast-dough/">https://www.foodafactoflife.org.uk/recipes/5-11-years/pizza-yeast-dough/</a></p>	<p>and others affordably and well, now and in later life.</p>
<p><b>3.2.</b> Know how to use basic cooking skills such as:</p> <ul style="list-style-type: none"> <li>● Chopping/slicing using bridge and claw methods</li> <li>● Weighing/measuring</li> <li>● Peeling</li> <li>● Grating</li> <li>● Mixing</li> <li>● Spreading</li> <li>● Sifting</li> <li>● Following a recipe</li> </ul>	<p>Frittata:  <a href="https://www.foodafactoflife.org.uk/recipes/potatoes/potato-and-courgette-frittata/">https://www.foodafactoflife.org.uk/recipes/potatoes/potato-and-courgette-frittata/</a></p> <p>More recipes:  <a href="https://www.foodforlife.org.uk/skills/recipes">https://www.foodforlife.org.uk/skills/recipes</a></p> <p>Practical food skill progression and recipe complexity:  <a href="https://www.foodafactoflife.org.uk/professional-development/teaching-and-learning/planning-and-teaching/schemes-of-work-and-lesson-planning/practical-food-skill-progression-and-recipe-complexity/">https://www.foodafactoflife.org.uk/professional-development/teaching-and-learning/planning-and-teaching/schemes-of-work-and-lesson-planning/practical-food-skill-progression-and-recipe-complexity/</a></p> <p>Teaching cooking confidently:  <a href="https://www.foodforlife.org.uk/~media/files/teaching%20cooking%20confidently/managing-cooking-activities-and-building-cooking-skills-progressively.pdf">https://www.foodforlife.org.uk/~media/files/teaching%20cooking%20confidently/managing-cooking-activities-and-building-cooking-skills-progressively.pdf</a></p>	<p>Pupils should be taught to:</p> <p>Key stage 1</p> <ul style="list-style-type: none"> <li>● use the basic principles of a healthy and varied diet to prepare dishes</li> </ul> <p>Key stage 2</p> <ul style="list-style-type: none"> <li>● prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques”</li> </ul>
<p><b>3.3.</b> Know how to store food appropriately e.g. in the fridge, freezer, cupboard etc</p>	<p>Working safely and teaching knife skills:  <a href="https://www.foodforlife.org.uk/portal/resources/ffl-teaching-cooking-confidently-safe-working-and-teaching-knife-skills">https://www.foodforlife.org.uk/portal/resources/ffl-teaching-cooking-confidently-safe-working-and-teaching-knife-skills</a></p> <p>Example cooking skills curriculum KS1  <a href="https://www.foodforlife.org.uk/~media/skills/cooking/cooking%20in%20the%20curriculum/example-ks1-curriculum.pdf">https://www.foodforlife.org.uk/~media/skills/cooking/cooking%20in%20the%20curriculum/example-ks1-curriculum.pdf</a></p>	

## Further programme expectations

1. Incorporate food education across the curriculum

Cross-curricular links:

<https://www.foodforlife.org.uk/~media/files/resources/ffl%20school%20resources/focus%20on%20food/cooking-across-curriculum.pdf>

English

<https://www.foodforlife.org.uk/~media/files/resources/ffl%20school%20resources/ffl/ffl-english-curriculum-resources-aug-16.pdf>

Maths

<https://www.foodforlife.org.uk/~media/files/resources/ffl%20school%20resources/ffl/ffl-maths-curriculum-resources---aug-16.pdf>

2. Host at least one assembly or workshops every term from partners including West London Waste, LCK, Public Health, etc
3. Host at least one parent cooking/tasting session
4. Participate in the farmers market in spring/summer term with grown produce





# Food For Life Awards



# BRONZE CHECKLIST

## 1. Food Quality

- B1.0** Our menus demonstrate their compliance with national standards or guidelines on food and nutrition.
- B1.1** At least 75% of dishes on the menu are freshly prepared (on site or at a local hub kitchen) from unprocessed ingredients.
- B1.2** All meat is from farms which satisfy UK animal welfare standards.
- B1.3** No fish are served from the Marine Conservation Society 'fish to avoid' list.
- B1.4** Eggs are from free range hens.
- B1.5** No undesirable additives or artificial trans fats are used.
- B1.6** No genetically modified ingredients are used.
- B1.7** Free drinking water is prominently available.
- B1.8** Menus are seasonal and in-season produce is highlighted for pupils.
- B1.9** Information is on display about food provenance.
- B1.10** Menus provide for all dietary and cultural needs.
- B1.11** All suppliers have been verified to ensure they apply appropriate food safety standards.
- B1.12** Catering staff are supported with skills training and are engaged in food education.

## 2. Food Leadership and Food Culture

- B2.0** Our School Nutrition Action Group has led a review of food culture in our school, and actions have been agreed.
- B2.1** We monitor school meal take up and we are taking action to maximise the take up of free school meals.
- B2.2** We consult with our pupils and parents on school meal improvements.
- B2.3** We keep parents informed of lunch menus and Food for Life activity and invite them to attend our school lunches.
- B2.4** We encourage our pupils to suggest improvements to the dining experience and we implement the best ideas.
- B2.5** Our lunchtime supervisors promote a calm and positive dining experience and help our pupils with food choices.
- B2.6** We have made a commitment to phase out flight trays.



## 3. Food Education

- B3.0** We use the topic of healthy and sustainable food as a theme for assemblies.
- B3.1** Our pupils take part in regular cooking activities that meet the Cooking and Nutrition of the Design and Technology programme of study and this is linked to our whole school approach to food.
- B3.2** Our pupils have the opportunity to grow and harvest food and make compost and this is linked to wider learning.
- B3.3** We organise an annual farm visit, and this is linked to wider learning.

## 4. Community and Partnerships

- B4.0** We hold an annual event on a food theme for our pupils, parents and the wider community.
- B4.1** We make efforts to actively engage parents and/or the wider community in our growing and cooking activities.
- B4.2** We share Food for Life learning with local schools, the wider community and other partners.



# Questionnaire

Indicate your behaviour by ticking the appropriate box.

How often do you travel by car per week?

times per week

How often do you use Public Transport per week?

How many of your car journeys involve...

Never

Daily

2 - 5 Times

More than 5 times per week

How long is your average journey to your...

Less than 1 Mile

1 - 5 miles

5 - 10 Miles

Impact  
Report



3

Have you seen the Eatwell Guide before? \*



KS1 Qs

Yes

No

Not sure

KS2 Qs

4

How many different food groups do we need to keep us healthy? \*

1

2

3

4

7

Where do potatoes grow? \*



Underground



Underwater



On a tree

8

Where do apples grow? \*



Underground



Underwater



On a tree

12

**Do you think you eat healthily?**

Please rate on the scale below. 1 star = Not at all, 5 stars = Yes, all the time \*



13

**Do you like eating fruits?**

1 star = no, not at all, 5 stars = yes, a lot \*



14

**Do you like eating vegetables?**

1 star = no, not at all, 5 stars = yes, a lot \*



15

**Do you like trying new foods?**

1 star = no, not at all, 5 stars = yes, a lot \*





Let us know  
your thoughts...

**Action on Sugar: For Dental and  
Nutritional Health and Wellbeing**

