**Please use the copy below to include on your website or parent newsletter. For more information, please visit the** [**Change4Life School Zone**](https://campaignresources.phe.gov.uk/schools) **or email** [**partnerships@phe.gov.uk**](mailto:partnerships@phe.gov.uk?subject=Schools) **quoting ‘Schools’ in the subject line.**

This term our pupils are becoming Food Detectives, learning about hidden sugar and the importance of eating their 5 a Day. Look out for Sugar Smart Trumps homework (KS1) and Sugar Smart Promise homework (KS2).

This is all part of Change4Life’s healthy eating campaign, called Sugar Smart, which focuses on the dangers of consuming too much sugar. We hope the activities will guide pupils to make healthier choices.

Parents can get involved by looking out for Change4Life’s Sugar Smart pack which we will be sending home in children’s book bags. The pack contains a leaflet that gives hints and tips for how families can get Sugar Smart and eat less sugar. Change4Life have also launched a new Sugar Smart app to help families visualise the sugar lurking in foods – available to download for free from the App Store or Google Play. Further resources, including recipes and ideas for healthy swaps, will be available online to help parents take control of the sugar in their child’s diet. Search **Change4Life** for more information.

Join in the conversation on social media using #SugarSmart

**Social Media Posts**  
**Get parents involved with the Sugar Smart campaign using our suggested social media posts below. We’ll keep updating this document over the next few weeks with new posts, so check back on the Food Detectives KS1 or KS2 toolkit pages on the School Zone for new posts  
  
Don’t forget to follow Change4Life on** [**Facebook**](https://www.facebook.com/change4life/?fref=ts) **and** [**Twitter**](https://twitter.com/Change4Life?ref_src=twsrc%5egoogle|twcamp%5eserp|twgr%5eauthor)**, you are welcome to share or retweet our posts.**  
  
**Facebook Posts:**  
We’ve just received Change4Life’s great new Sugar Smart parent packs – make sure you look out for it in your child’s book bag!

Look out for Change4Life’s Sugar Smart pack designed to help parents, carers and children keep an eye on the sugar lurking in food. We’re sending it home in your child’s book bag!

This term our pupils are becoming Food Detectives, learning about hidden sugar and the importance of eating their 5 a Day. Look in your child’s book bag for Change4Life’s Sugar Smart pack and some exciting new homework activities.

We’re getting involved with Change4Life’s new Sugar Smart campaign. You can get involved by looking out for the new Sugar Smart pack in your child’s book bag and helping them with their homework - Sugar Smart Trumps (KS1) and Sugar Smart Promise (KS2).

Juice drink vs water? What wins at a game of Sugar Smart Trumps? Find out with Change4Life’s homework activity for KS1 students from their all new healthy eating teaching resources – Food Detectives. Look for it in your child’s book bag!

Understanding why too much sugar is bad for us will help your child pledge to make a cool sugar swap this week. Look out for the Sugar Smart Promise in your children’s homework, parents can get involved, it’s a great new activity in Change4Life’s Food Detectives healthy eating teaching resources

**Twitter Posts:**  
  
We’ve just received Change4Life’s new #SugarSmart packs, look out for them in your child’s book bag!

Make sure you look out for Change4Life’s fab new #SugarSmart pack in your child’s book bag!  
  
  
We’re getting #SugarSmart and teaching our pupils about hidden sugar and the importance of eating their 5 a Day.

Help your family keep an eye on sugar with Change4Life’s new #SugarSmart pack – we’re sending them home in your child’s book bag!

Cola vs water? We’re using Change4Life’s new #FoodDetectives packs to help your children make healthier choices.

What drink swaps will you make in Change4Life’s Sugar Smart Family pledge #FoodDetectives KS2 homework activity?

Juice drink vs water? What wins at a game of Sugar Smart Trumps? Find out with Change4Life's #FoodDetectives KS1 homework.

Use the new #SugarSmart app to help your children with Change4Life's #FoodDetectives homework, keep an eye out in their book bags.