



Sugar Smart Trumps

Your challenge is to make a set of six Sugar Smart Trump cards. To get you started, two cards have been done for you.

On the blank cards, you will need to draw two high-sugar and two lower-sugar choices, recording on the line how much sugar there is in the high-sugar items. Use the [Sugar Smart Clue Sheet](#) sheet to help you. When you are finished, cut out each of the cards. You may need help from a grown-up!

Here's how to play:

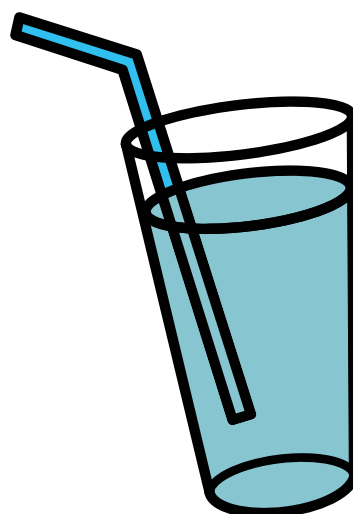
- play with a friend (the game will be even better if you make more cards and include more players)
- shuffle the cards and share them out
- take turns to lay the cards facing up
- the player who puts down the card with the smallest number of sugar cubes or a lower-sugar item wins and may pick up all the cards. A lower sugar item always wins. If the amount of sugar is the same, leave the cards on the table and carry on taking turns

Don't forget, you can go to the [Change4Life](#) website for more ideas.

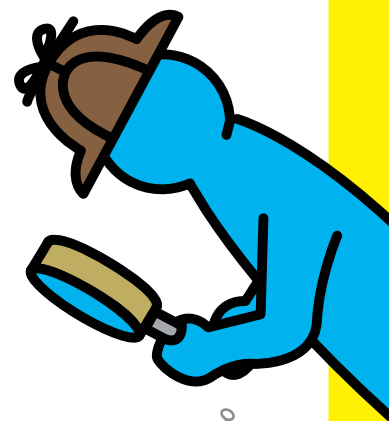
The game ends when all the cards are on the table or when one player holds all the cards and is the Sugar Smart Trumps Champion!



.....5..... cube(s) of sugar



Lower-sugar item



Sugar Smart Trumps

✂

..... cube(s) of sugar

✂

Lower-sugar item

✂

..... cube(s) of sugar

✂

Lower-sugar item