



SPOT THE SUGAR!



Look closely at the picture. **find the hidden sugar**

Can you spot the hidden sugars?

From the picture count the sugary items below.

Juice box ☐

Chocolate bar ☐

Fizzy drink can ☐

Icecream ☐

Flavoured yoghurt ☐

Donut ☐

Sweet cereal ☐



National Oral Health Month
August 2026

Name: _____

School: _____

Age: _____ Class _____

Teacher/caregiver: _____

Email: _____ Mobile: _____

Fill in your details and send to register@nzda.org.nz

*Prize information and full terms & conditions can be found at nohm.nzda.org.nz

Competition closes midnight 31 August 2026

Colour,
fill in and
enter to
be in to
WIN!*



New Zealand Dental Assoc.

