

RS

8th July 2025

Dear Parent/Carer,

Y6 SWEET CHALLENGE

As part of Year 6's fun activities to celebrate the end of the year, on Tuesday 15th July, pupils have the chance to take part in a sour sweet challenge. This is purely for fun and not in any way compulsory or competitive.

The children can take part in as few or as many 'levels' (or not at all) as they wish but each child will only eat a maximum of ten sweets. **The brands and types of sweets within the challenge are attached along with their ingredients, allergens and nutritional information.**

As always, we will cater for the needs of any children with allergies or intolerances to ensure their safety. If you do not wish your child to take place, please could you let us know by Friday 11th July.

Yours sincerely,

Mrs Smith



1. Tangfastics

Ingredients:

- Glucose Syrup
- Sugar
- Gelatine
- Dextrose
- Acids: Citric Acid, Malic Acid
- Acidity Regulators: Calcium Citrates, Sodium Hydrogen Malate
- Caramelised Sugar Syrup
- Fruit and Plant Concentrates: Apple, Aronia, Blackcurrant, Carrot, Elderberry, Grape, Hibiscus, Kiwi, Lemon, Mango, Orange, Passion Fruit, Safflower, Spirulina
- Flavouring
- Elderberry Extract
- Glazing Agent: Carnauba Wax

Nutritional Information (per 100g):

- **Energy:** 1472 kJ/346 kcal
- **Fat:** <0.5g
- **Saturates:** 0.1g
- **Carbohydrate:** 80g
- **Sugars:** 50g
- **Protein:** 6.6g
- **Salt:** 0.03g

2. Sour Skittles

Ingredients:

- **Sugars:** Sugar, glucose syrup, dextrin, maltodextrin.
- **Fats:** Palm fat.
- **Acids:** Citric acid, malic acid, tartaric acid.

- **Other:** Modified starch, flavorings, acidity regulator (trisodium citrate), glazing agent (carnauba wax), concentrates (sweet potato, radish).
- **Colors:** E163, E162, E170, E100, E132, E160a, E133 (these are food colorings).

Nutrition Facts (per 45g bag, approximate):

- **Calories:** Around 160 kcal.
- **Total Fat:** About 1.5g.
- **Total Carbohydrates:** Approximately 37g.
- **Sugars:** Around 36g.
- **Protein:** 0g.

3. Asda Sour Belts

Ingredients (example, based on various products):

- **Sugar:** A primary ingredient, providing sweetness.
- **Glucose Syrup:** Adds to the chewy texture and sweetness.
- **Wheat Flour:** Provides the structure of the belt.
- **Apple Juice Concentrate:** Adds a fruity flavor and potentially some natural sweetness.
- **Acidity Regulators:** Citric acid and malic acid contribute to the sour taste.
- **Palm Oil:** Used for texture.
- **Flavourings:** Provide the fruity taste.
- **Emulsifier:** Mono- and di-glycerides of fatty acids.
- **Colors:** Depending on the specific product, these may include tartrazine, allura red AC, sunset yellow FCF, brilliant blue FCF, curcumin, and other fruit, vegetable, and plant concentrates.
- **Humectant:** Sorbitols may be used.
- **Preservative:** Potassium sorbate (in some).

- **Antioxidants:** Tocopherol-rich extract and ascorbic acid (in some).

Nutritional Information (example, based on various products):

- **Energy:** Approximately 388 kcal per 100g for Rainbow Belts, with some varieties potentially higher.
- **Fat:** Around 3.1g per 100g, with saturated fat at 2.6g.
- **Carbohydrates:** Around 87g per 100g, with sugars at 63g.
- **Fibre:** Typically less than 0.5g per 100g.
- **Protein:** Around 2.9g per 100g.
- **Salt:** Can be around 0.2g per 100g.

4. Sour Patch Kids Ingredients:

- Sugar
- Glucose syrup
- Water
- Starch
- Gelatine
- Acid (Malic acid)
- Concentrated apple juice
- Colors (Anthocyanins, Vegetable Carbon, Paprika extract, Lutein, Curcumin)
- Acidity regulator (Calcium citrates)
- Palm oil
- Flavorings

Nutrition Facts (per 100g):

- Energy: 326 kcal (1388 kJ)
- Fat: 0.2g
- Saturates: 0.1g
- Carbohydrates: 77g
- Sugars: 63g
- Protein: 2.8g

- Salt: 0.04g

5. Chupa Chups Sour Bites

Ingredients:

- Glucose syrup
- Wheat flour
- Sugar
- Invert sugar
- Acids (malic acid, citric acid)
- Hydrogenated vegetable oil (in some variations)
- Flavourings
- Colours (tartrazine, allura red AC, brilliant blue FCF, sunset yellow FCF - in some variations)
- May contain traces of milk

Nutritional Information (example for 24g serving):

- Calories: 74-89 kcal
- Total Fat: 0.5g
- Saturated Fat: 0.5g
- Total Carbohydrates: 16-19.5g
- Total Sugars: 11g
- Protein:

6. Toxic Waste- Sour Smog Balls

Sugar, Corn Syrup, Citric Acid, Gum Arabic, Artificial Flavours, Artificial Colour (Tartrazine (E102)**, Allura Red (E129)**, Brilliant Blue (E133)**).

Nutrition

Typical values per 100g

Energy (kJ)	1600
Energy (kcal)	382
Fat	0g
- of which saturates	0g
Carbohydrates	43g