



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching each segment of Obesity in a Bottle II: How to Pick Healthy Beverages, answer the following questions.

#### HOW TO CHOOSE HEALTHY BEVERAGES

1. What percentage of daily calories do beverages contribute? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. What ways does water help your body? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## HOW TO PICK HEALTHFUL BEVERAGES

1. Why might “super” drinks be not as good for your health? \_\_\_\_\_

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2. List the sugar equivalents for the following beverages:

VitaminWater: \_\_\_\_\_

Lipton Green Tea: \_\_\_\_\_

Arizona Iced Tea: \_\_\_\_\_

Snapple Peach Mangosteen Immunity: \_\_\_\_\_

## HOW TO CHOOSE HEALTHY BEVERAGES FOR KIDS

1. What are the three “watch-it” ingredients in beverages?

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2. How many teaspoons of sugar are in the following drinks?

Sunkist Orange Soda: \_\_\_\_\_

Arizona Iced Tea: \_\_\_\_\_

Monster Energy Drink: \_\_\_\_\_

3. Why should you avoid drinks with artificial colors?

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4. What numbers should you check on the Nutrition Facts label when choosing a drink?

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**HOW TO DRINK FOR WEIGHT LOSS**

1. Why are some waters and coffees not nutritious choices?

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2. What is the difference between drinking and eating calories?

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3. What foods could you eat for the same calories as the following drinks?

Odwalla Protein Drink: \_\_\_\_\_

Arizona Iced Tea: \_\_\_\_\_

Lipton Green Tea: \_\_\_\_\_



## HOW TO PICK THE RIGHT DRINKS FOR SPORTS

1. What should athletes drink before the start of a game or race?

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2. When should you drink a sports drink instead of water?

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3. What are some good beverages for athletes to drink after a game or a race?

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## BUSTING CAFFEINE MYTHS

1. In the chart below, record the positive and negative attributes of caffeine:

| POSITIVE | NEGATIVE |
|----------|----------|
|          |          |

2. How much caffeine is recommended per day for adults? How much caffeine is recommended per day for kids?

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3. One 8-ounce cup of coffee has how many milligrams (mg) of caffeine?

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# ANSWER KEY

## Review:

After watching each segment of Obesity in a Bottle II: How to Pick Healthy Beverages, answer the following questions.

### HOW TO CHOOSE HEALTHY BEVERAGES

1. What percentage of daily calories do beverages contribute? 20%

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2. What ways does water help your body?

**Helps digest food**

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**Removes waste**

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**Lubricates muscles and joints**

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**Regulates body temperature**

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**Helps cells communicate**

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## HOW TO PICK HEALTHFUL BEVERAGES

1. Why might “super” drinks be not as good for your health?

**Many “super” waters, teas and juices have added more vitamins and minerals, which don’t taste very good. Manufacturers add sugar and sweeteners to mask the flavor, but add calories.**

2. List the sugar equivalents for the following beverages:

VitaminWater: **Snickers bar**

Lipton Green Tea: **25 Hershey’s Kisses**

Arizona Iced Tea: **15 Oreo cookies**

Snapple Peach Mangosteen Immunity: **2 frosted cupcakes**

## HOW TO CHOOSE HEALTHY BEVERAGES FOR KIDS

1. What are the three “watch-it” ingredients in beverages?

**Caffeine**

**Sugar**

**Artificial colors & artificial flavors**

2. How many teaspoons of sugar are in the following drinks?

Sunkist Orange Soda: **21 tsp. sugar**

Arizona Iced Tea: **16 tsp. sugar**

Monster Energy Drink: **13 tsp. sugar**

3. Why should you avoid drinks with artificial colors?

**Recent studies are finding links between artificial colors to hyperactivity in kids.**

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4. What numbers should you check on the Nutrition Facts label when choosing a drink?

**Serving size**

**Calories**

**Amount of sugar**

### HOW TO DRINK FOR WEIGHT LOSS

1. Why are some waters and coffees not nutritious choices?

**Some coffees have 500-700 calories and some waters have 200-300 calories.**

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2. What is the difference between drinking and eating calories?

**Recent research is finding that when we drink our calories our bodies may not register them and we are not getting the same satisfaction as when we eat calories.**

3. What foods could you eat for the same calories as the following drinks?

Odwalla Protein Drink: **2 bowls of whole-grain cereal and 2 cups of fruit**

Arizona Iced Tea: **Egg sandwich**

Lipton Green Tea: **Plate of grapes and nuts**

## HOW TO PICK THE RIGHT DRINKS FOR SPORTS

1. What should athletes drink before the start of a game or race?

**Water or diluted fruit juice.**

*Note to instructor: Fruit juice, soft drinks, and energy drinks are often too concentrated in sugar and can cause cramps, nausea, bloating and intestinal trouble.*

2. When should you drink a sports drink instead of water?

**Choose a sports drink instead of water when you are active for 60-90+ minutes.**

3. What are some good beverages for athletes to drink after a game or a race?

**A drink containing protein, carbohydrates (sugar), and fluid, like low-fat chocolate milk or a protein drink.**

## BUSTING CAFFEINE MYTHS

1. In the chart below, record the positive and negative attributes of caffeine:

| POSITIVE   | NEGATIVE  |
|--|---|
| <b>Increases alertness</b><br><b>Improves memory</b><br><b>Improves thinking skills</b><br><b>Lowers incidence of certain diseases</b> | <b>Irritability</b><br><b>Shakiness</b><br><b>Increases blood pressure</b><br><b>Can cause calcium loss</b><br><b>Irritates digestive system</b><br><b>Nausea</b> |

2. How much caffeine is recommended per day for adults? How much caffeine is recommended per day for kids?

**Adults: 300 mg/day**

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**Kids: 100 mg/day**

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3. One 8-ounce cup of coffee has how many milligrams (mg) of caffeine?

**100 mg**

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