



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? _____

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?

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?

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

HOW TO DRINK FOR WEIGHT LOSS

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

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

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?

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

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

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?

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



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%

2. What ways does water help your body?

Helps digest food

Removes waste

Lubricates muscles and joints

Regulates body temperature

Helps cells communicate

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.

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.

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
Increases alertness Improves memory Improves thinking skills Lowers incidence of certain diseases	Irritability Shakiness Increases blood pressure Can cause calcium loss Irritates digestive system Nausea

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

Adults: 300 mg/day

Kids: 100 mg/day

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

100 mg
