Review:

After watching a segment of Think Before You Drink, answer the following questions.

Sugar Shockers: A Sour Choice

1. How many teaspoons of sugar are in the average can of soda? ____________________________

_____________________________________________________________________________________

2. How much sugar did the average American consume in 2012? Approximately how much sugar is that each day?

_____________________________________________________________________________________

3. Higher consumption of sugar is associated with which diseases? ____________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

4. Why might people gain weight drinking diet sodas? ____________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________
Sports Drinks and Performance

1. When should you choose a sports drink over water? ______________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

2. What are good choices after workouts? ______________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Water That Isn’t H₂O

1. Fill in the sugar equivalent on the comparison chart with the beverage listed.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Sugar Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin Water (150 calories, 32.5g sugar)</td>
<td></td>
</tr>
<tr>
<td>Green Tea with Ginseng and Honey (210 calories, 51g sugar)</td>
<td></td>
</tr>
<tr>
<td>Energy Drink (250 calories, 63g sugar)</td>
<td></td>
</tr>
</tbody>
</table>

2. How can you flavor water without adding additional calories? _____________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Energy Drinks and Caffeine

1. Where is caffeine naturally found? ________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
2. Why is it difficult to know how much caffeine you may be consuming? 

_________________________________________________________________________________________

_________________________________________________________________________________________

3. What are the pros and cons of caffeine?

<table>
<thead>
<tr>
<th>PRO</th>
<th>CON</th>
</tr>
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<tbody>
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</tbody>
</table>

4. Match the beverage with the average amount of caffeine it contains.

1. Soda  A. 50mg
2. Tea   B. 150-300mg
3. Coffee C. 100mg
4. Energy Drink D. 25-50mg

Healthy Beverages = Healthy You

1. Why might eating the whole fruit be a better choice than drinking the juice? 

_________________________________________________________________________________________

_________________________________________________________________________________________

_________________________________________________________________________________________

2. What are the best choices for milk? 

_________________________________________________________________________________________

_________________________________________________________________________________________

_________________________________________________________________________________________
3. Name the six reasons to drink water.

1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________
4. ______________________________________________________________________________
5. ______________________________________________________________________________
6. ______________________________________________________________________________

4. What three things should you avoid when selecting a beverage?

1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________
Review:

After watching a segment of *Think Before You Drink*, answer the following questions.

**Sugar Shockers: A Sour Choice**

1. How many teaspoons of sugar are in the average can of soda?

   10 teaspoons

2. How much sugar did the average American consume in 2012? Approximately how much sugar is that each day?

   76 pounds of sugar; About ½ cup of sugar per day

3. Higher consumption of sugar is associated with which diseases?

   Cardiovascular disease, diabetes, heart attacks, stroke

4. Why might people gain weight drinking diet sodas?

   *Sugar in the body is recognized as energy. The brain responds to sugar to eat more and then sends signals to stop eating when enough has been consumed. Artificial sweeteners create a craving for more sugar. The body thinks it is getting energy, but because it is not actual energy, the body looks for food.*
Sports Drinks and Performance

1. When should you choose a sports drink over water? ____________________________________________________________________________________________________________________________

Sports drinks are for continuous activities like lacrosse or long distance running, not stop and start sports like football or baseball.

2. What are good choices after workouts? ____________________________________________________________________________________________________________________________

Chocolate milk, smoothies, or eating a meal with water, juice, or a sports drink are good choices after a hard workout or competition. Plain water will actually delay rehydration.

Water That Isn't H₂O

1. Fill in the sugar equivalent on the comparison chart with the beverage listed.

<table>
<thead>
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<tbody>
<tr>
<td>Vitamin Water (150 calories, 32.5g sugar)</td>
<td>Chocolate candy bar</td>
</tr>
<tr>
<td>Green Tea with Ginseng and Honey (210 calories, 51g sugar)</td>
<td>21 chocolate kisses</td>
</tr>
<tr>
<td>Energy Drink (250 calories, 63g sugar)</td>
<td>14 chocolate sandwich cookies</td>
</tr>
</tbody>
</table>

2. How can you flavor water without adding additional calories? ____________________________________________________________________________________________________________________________

Add slices of lemon, lime, or orange

Throw in frozen fruits

Infuse water with fresh herbs like rosemary or basil

Energy Drinks and Caffeine

1. Where is caffeine naturally found? ____________________________________________________________________________________________________________________________

Coffee, tea, soft drinks, chocolate, kola nut, and some medicines
2. Why is it difficult to know how much caffeine you may be consuming?

Manufacturers are not required to list the amount on a product label.

3. What are the pros and cons of caffeine?

<table>
<thead>
<tr>
<th>PRO</th>
<th>CON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alertness</td>
<td>Increases calcium loss</td>
</tr>
<tr>
<td>Improved memory</td>
<td>Increases blood pressure</td>
</tr>
<tr>
<td>Improved thinking skills</td>
<td>Increases heart rate</td>
</tr>
<tr>
<td>Increased energy</td>
<td>Irritates digestive system</td>
</tr>
<tr>
<td>Metabolism up 16%</td>
<td>Causes shakiness</td>
</tr>
</tbody>
</table>

4. Match the beverage with the average amount of caffeine it contains.

1. Soda
2. Tea
3. Coffee
4. Energy Drink

1. Soda: A. 50mg
2. Tea: B. 150-300mg
3. Coffee: C. 100mg
4. Energy Drink: D. 25-50mg

Healthy Beverages = Healthy You

1. Why might eating the whole fruit be a better choice than drinking the juice?

The whole fruit contains fiber, which is missing from the juice. Fiber helps make you feel full.

2. What are the best choices for milk?

Low-fat (1%) or non-fat (skim) milk are the healthiest milk choices. They have the same amount of nutrients as whole or 2% milk, but fewer calories and less fat.
3. Name the six reasons to drink water.

   1. **Balance of body fluids**
   2. **Control calories**
   3. **Energize muscles**
   4. **Helps the kidneys**
   5. **Helps eliminate waste**
   6. **Promotes skin health**

4. What three things should you avoid when selecting a beverage?

   1. **Caffeine**
   2. **Sugar**
   3. **Artificial ingredients**