

Level 1



Name: _____

Date: _____

Instructions: Please circle either "True" or "False" after each question.

Q#1: Fruity drinks like fruit punch fit into the Fruits and Vegetables food group in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*?

True

False

Q#2: Sometimes people choose an unhealthy drink because their friends have an unhealthy drink.

True

False

Q#3: You can drink as much 100% unsweetened fruit juice as you like each day.

True

False

Q#4: Many sugary drinks have acid in them.

True

False

Q#5: Sugar is a main ingredient in many popular drinks.

True

False

Q#6: Advertisements always help you make healthy drink choices.

True

False

Q#7: A label can tell you how much sugar is in a drink.

True

False

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Q#8: It is OK for you to drink water, even if your friends are drinking less healthy drinks like pop and sugary fruit drinks.

True

False

Q#9: If a medium sized can of pop has 9 teaspoons of sugar (or sugar cubes), then a large can of pop will also have 9 teaspoons of sugar (or sugar cubes).

True

False

Q#10: It is important to drink a lot of water because your body and mind need water to be healthy.

True

False



Level 2



Name: _____ Date: _____

Instructions: For each of the following questions, circle the letter beside the answer you think is **BEST**.

Q#1: Why don't sugary drinks fit into any of the food groups in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*?

- a) They have more sugar than is good for you and have little or no nutritional value.
- b) Naming all the kinds of sugary drinks would take up too much room.
- c) No drinks are included in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*.
- d) Everybody knows that sugary drinks are not a food.

Q#2: What does it mean when you are told that sugary drinks "bump out" healthier drinks?

- a) Sugary drinks absorb the good ingredients of healthy drinks and make them useless.
- b) If we are drinking a lot of sugary drinks, we don't have room for healthy drinks.
- c) If people drink too many sugary drinks, stores probably will bump healthier drinks from their shelves.
- d) Sugary drinks make other drinks taste boring.

Q#3: You can best make healthy drink choices by:

- a) reading the labels on drinks to learn what they contain.
- b) listening to what others tell us about the drinks they choose.
- c) testing drinks for a fresh taste.
- d) listening to what the media says we should buy.

Q#4: Which drinks are listed correctly from those containing the most sugar to those containing the least sugar?

- a) Orange juice, pop, sports drink
- b) Pop, plain milk, orange drink
- c) Chocolate milk, sports drink, orange juice
- d) Sports drink, plain milk, water

Q#5: Which is the correct order for the amount of caffeine in the same-sized drinks (from most caffeine to least caffeine)?

- a) Cola, coffee, chocolate milk
- b) Cola, chocolate milk, coffee
- c) Coffee, cola, chocolate milk
- d) Coffee, chocolate milk, cola

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Q#6: Other people can affect your drink choice by:

- a) lecturing you about how much better their choice is.
- b) refusing to pay for your drink if you don't choose what they do.
- c) making fun of healthy choices.
- d) all of the above.

Q#7: How do sugary drinks affect your teeth?

- a) Sugary drinks often contain acid, which can lead to tooth decay.
- b) Sugar coats your teeth and makes other food stick more.
- c) Sugar eats holes in your teeth.
- d) Sugar in drinks sticks to your teeth more than foods such as candy or cookies.

Q#8: You should keep track of the size and number of drinks that you have because:

- a) you must make sure it fits in your backpack.
- b) the more sugary drinks you drink, the better for your body.
- c) you should only have 3 small drinks each day.
- d) the size and number will likely change the amount of sugar you have.

Q#9: What do advertisements tell or show you about drinks?

- a) Information about all the ingredients of the drink.
- b) Good things about the drink, and good things that happen when you drink it.
- c) Warnings about negative side-effects of drinking the products.
- d) The conditions under which the drink has been made.

Q#10: The healthiest drink choice at any time is:

- a) a sports drink because sometimes you need quick energy.
- b) water because it is most refreshing and best for your body.
- c) a pop because the caffeine can keep you awake to study more effectively.
- d) a sweetened fruit drink because it has fruit in it.

Q#11: When you choose a drink, you should base your decision on:

- a) whether it gives us a feeling of energy.
- b) how "cool" it looks.
- c) how its contents may affect your body.
- d) what your friends think of the drink.