

100

100

Variation A

**True or False:
Fruit drinks contain as much
or more sugar as sodas.**

Answer: True

Variation A

**True or False:
It's hard to know how much
caffeine is in a drink because
it's not required to be on the
label.**

Answer: True

100

100

Variation A

True or False:

It's safe for teens to drink 400 milligrams of caffeine each day.

Answer: False

Variation A

By the time you're 18-19 years old, you've built up ___% of your body's bone mass.

Answer: 90%

200

200

Variation A

Teens need about ___ to ___ cups of milk (or other dairy foods) per day.

Answer: 3-4 cups

Variation A

Name 2 key nutrients teens don't get enough of that are found in milk.

Answer: Calcium, Vitamin D (also accept Protein)

200

200

Variation A

Some energy drinks contain as much caffeine as ___ to ___ cups of coffee.

Answer: 4 to 5 cups (up to 500 mg)

Variation A

How much water is ideal for teens to drink each day?

Answer: 6 to 8 cups

300

300

Variation A

Name 2 negative effects of drinking too much caffeine.

Accept any 2 of the following responses:

- **Irregular heart beat**
- **Increased blood pressure**
- **Feeling jittery and/or anxious**
- **Interferes with sleep**

Variation A

How many milligrams of calcium do you get in one 8-ounce cup of milk?

Answer: 300 mg

400

500

Variation A

Name 2 benefits of drinking water.

Accept any 2 of the following responses:

- **Helps with concentration and/or alertness**
 - **Helps maintain weight**
 - **Helps with digestion**
- **Keeps skin looking smooth**

Variation A

Fill in the blanks:

Each day, boys age 12-19 drink ___ calories from sugary drinks, and girls age 12-19 drink ___ calories.

Answer: Boys - 230; Girls - 160

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