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
**True or False:**
It’s safe for teens to drink 400 milligrams of caffeine each day.

**Answer:** False

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**Variation A**

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

**Answer:** 90%
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
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
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