Think Your Drink Questions

Q1: What is put into many soft drinks to keep you wanting more?
A: Caffeine. It is a habit-forming substance.

Q2: How many soft drinks does the average teenage boy drink a day?
A: Three cans a day.

Q3: Name two soft drinks that contain caffeine.
A: Coke, Pepsi, Mountain Dew, Ale 8 One…

Q4: Name two drinks that do not contain caffeine.
A: Sprite, 7-Up, lemonade, sports drinks, milk, juice, V8, water…

Q5: T/F: Diet soft drinks don’t cause cavities because they don’t have real sugar.
A: False. They don’t cause as many cavities but they do cause some due to the acid that erodes the tooth’s enamel.

Q6: What is the standard size bottled soft drink sold today?
A: About 20 ounces, is the standard size soft drink bottle today. Forty years ago, the standard size was only around 8 ounces.

Q7: What was the size of the first bottled soft drink?
A: 8 ounces.

Q8: How many grams of sugar are in one teaspoon?
A: One teaspoon of sugar is equal to 4 grams.

Q9: Which has less sugar: three Hershey’s bars or one soda? (20 ounces)
A: Three Hershey’s bars have LESS sugar than one soda. (20 ounces) Can you believe that?

Q10: T/F: 2½ cups chocolate ice cream has less sugar than one soda. (20 ounces)
A: True. (A Coke contains 65 grams of sugar. 2 ½ cups chocolate ice cream contain 55 grams of sugar)

Q11: T/F: Many new cars have super-size cup holders, up to 64 ounces.
A: True. The average size beverage has gone up drastically over the years.

Q12: Which kind of milk is best for your body…skim/1 percent or 2 percent/whole?
A: Skim/1 percent is lower in fat but still has all the same nutrients, like calcium
and vitamin D. People often call whole milk “vitamin D milk,” but really all cow’s milk from the grocery store has vitamin D in it.

Q13: T/F: Fruit drinks or juice cocktails are the same as 100 percent fruit juice.
A: False. Fruit drinks and cocktails are mostly flavored sugar water with very little real fruit juice or vitamins and minerals. The nutrition label on the bottle will say 100 percent fruit juice, if it is real juice.

Q14: Name two drinks that are better for your body than soft drinks.
A: Water, 100 percent fruit juice, 100 percent vegetable juice, 1 percent or less milk, flavored water…

Q15: How long would you have to ride a bike to burn off the calories in one soda? (20 ounces)
A: It takes about one hour of biking to burn all of those calories. Is it worth it for one drink?

Q16: If you’re saving money for a $15 CD, about how many soft drinks would you have to skip to have enough: 5, 12, or 15?
A: 12. ($1.25/soft drink)

Q17: Which drink is sweeter, a cola or a sports drink?
A: A cola. It has about 17 teaspoons of sugar in a bottle (20 ounces) and a sports drink has 9 teaspoons in a bottle of the same size. So, sports drinks are a little better for you than colas.

Q18: Which is better for your body: a sports drink or 100 percent fruit juice?
A: The 100 percent fruit juice is better because it has vitamins and minerals that sports drinks don’t have.

Q19: T/F: Sports drinks are a very healthy drink.
A: False. They may be better than soft drinks but they still have added sugar and few nutrients.

Q20: Which is better for your body, sports drinks or water?
A: Water. Water is one of the most important nutrients our body needs.

Q21: Name two health problems that drinking too many soft drinks can contribute to.
A: Obesity, cavities, type II diabetes, osteoporosis, heart disease…

Q22: If you drink a lot of soft drinks, how could you start to cut back?
A: (Open ended; use your own judgment on whether the answer is correct or
not.) Possible answers: having them only when eating out, switch to decaffeinated drinks first, drink more water so you’re not as thirsty…

**Q23: What is the difference between fruit drinks and 100 percent fruit juice?**
A: A fruit drink is not real juice. It is mostly sugar water with fruit flavoring. Real juice comes from real fruit. The label will say 100 percent juice.

**Q24: What do soft drink companies do to get kids to drink more soft drinks?**
A: (Open ended, use your own judgment on whether the answer is correct or not.) Possible answers: TV commercials, putting vending machines in convenient areas, signs, billboards, contests, adding caffeine…

**Q25: What is an exclusive pouring rights contract?**
A: This is a contract between a soft drink company and a school or business. The school or business agrees to buy drinks from only one company. In exchange, the company provides incentives (cash or resources.)

**Q26: Why do schools sell soft drinks to kids?**
A: Schools make money from vending machines. This means that the school can make money even if they sell only water, milk or 100 percent juice.

**Q27: What can your family do to drink fewer soft drinks?**
A: Possible answers: Buy 100 percent juice or 1 percent flavored milk instead, save money by buying fewer soft drinks, etc.

**Q28: Why should we drink fewer soft drinks?**
A: Possible answers: because they can cause us to gain too much weight, they are bad for our teeth, they can keep us from getting enough calcium and other vitamins since we drink soft drinks instead of milk…

**Q29: T/F: You should choose soda over milk because it contains protein, calcium and vitamin D.**
A: False. Milk contains protein, calcium and vitamin D, not soda!

**Q30: If you don’t like plain milk, how can you make it taste better?**
A: Possible answers: drink it cold, add it to a smoothie, try 1 percent chocolate, strawberry or banana milks…

**Q31: T/F: Soft drink companies advertise to kids to get them to buy their drink so the company can make money.**
A: True. Soft drink companies want kids to ask their parents to buy the products they see in ads.
Q32: Does caffeine make you sleepy or hyper?
A: Caffeine makes you hyper, which makes it difficult to sleep. It can also be addictive so you want to drink more and more.

Q33: Teens drink twice as much ________ as milk per day.
A: Soft drinks or sodas

Q34: Does drinking too much soda lead to tooth decay?
A: Yes. Large amounts of sugar in soda leads to tooth decay. Even diet soda can cause tooth decay because the acid in soft drinks can dissolve tooth enamel.

Q35: What is the best way to tell how much sugar is in a drink?
A) Ask your teacher
B) Pay attention to advertisements
C) Look at the food label
A: C

Q36: Which is better to drink before playing sports…soda or milk?
A: Milk. As an athlete, you can perform better and longer if you drink milk before playing sports.

References:
Adapted from: Lexington-Fayette County Health Department unit, “Think Your Drink”

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