What's in My Drink?

Directions: Please circle the correct answer.

true | false   1. Most people have at least one sugary drink per day.

true | false   2. Sugary drinks make you gain weight.

true | false   3. Drinking sugary drinks is good for your teeth.

true | false   4. Water has zero calories in it.

true | false   5. It is okay to drink fizzy water.

true | false   6. Chocolate milk is the best milk for you.

true | false   7. You can never have pop or any type of sugary drink.

true | false   8. Drinking water makes you happy.

true | false   9. Drinking water is bad for your heart.

true | false   10. The more sugar you drink, the more energy you will have.

GRADE
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