

# RETHINK YOUR DRINK



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## TRUE OR FALSE

Question 1

Question 2

Question 3

## WHAT IF...

Question 1

Question 2

Question 3

## MORE OR LESS

Question 1

Question 2

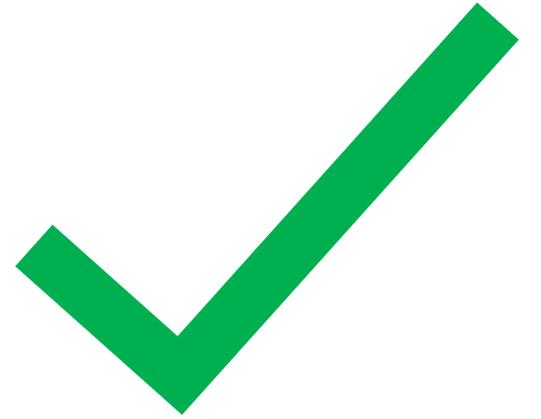
Question 3

Drinking acidic drinks, like orange juice, WILL damage your teeth

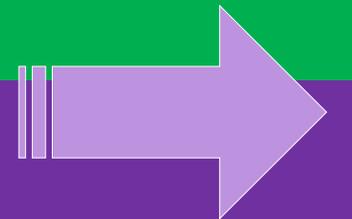
TRUE

FALSE

That's correct!



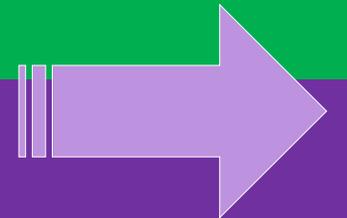
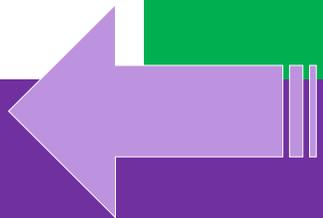
Drinking an acidic drink, such as orange juice, can eat away the top layer of your teeth (also known as enamel)! Take the safe road and drink water.



# Incorrect!



Drinking an acidic drink, such as orange juice, can eat away the top layer of your teeth (also known as enamel)! Take the safe road and drink water.



Sport drinks are great for all types of physical activity

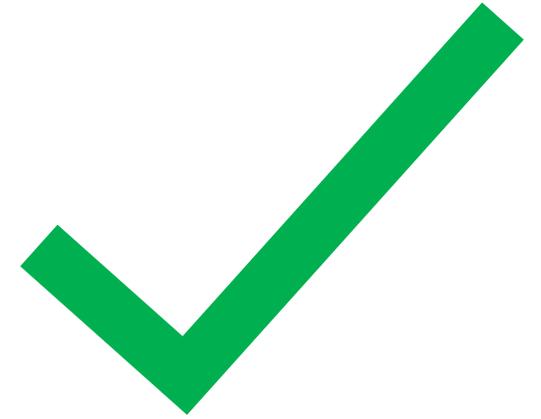
TRUE

FALSE

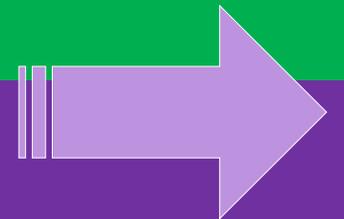
## Sugar Content

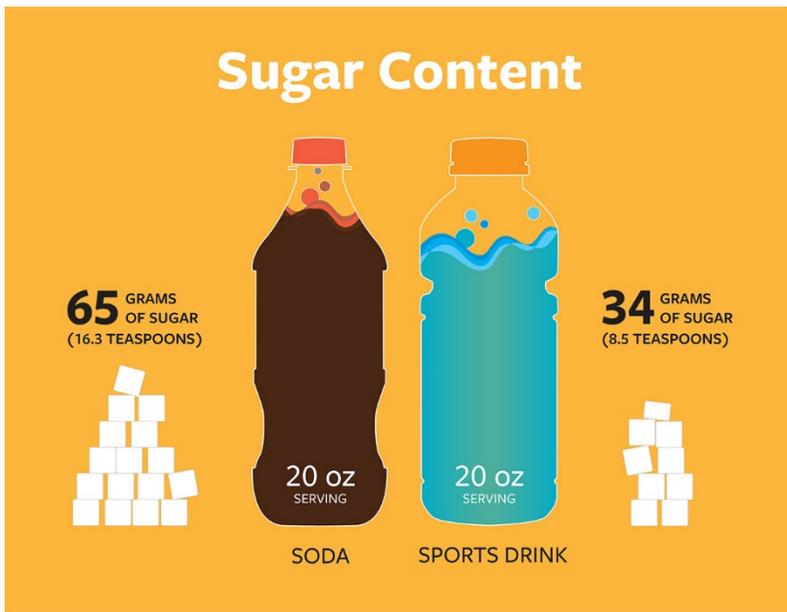


That's correct!



Sport drinks have no nutritive benefits for athletes of lower intensity sports. Sport drinks are only suitable if you're taking part in more than 90 minutes of activity.





Incorrect!



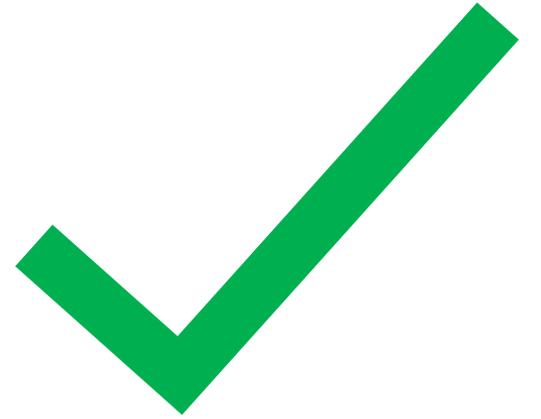
Sport drinks have no nutritive benefits for athletes of lower intensity sports. Sport drinks are only suitable if you're taking part in more than 90 minutes of activity.

On average, an American consumes less than 25 gallons of soft drinks per year

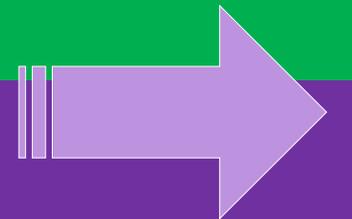
TRUE

FALSE

That's correct!



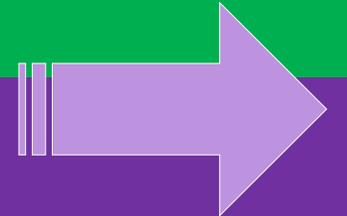
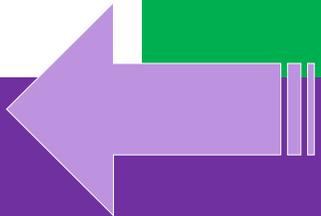
An American actually consume **53 gallons** of soft drinks per year.



Incorrect!



An American actually consume **53 gallons** of soft drinks per year.

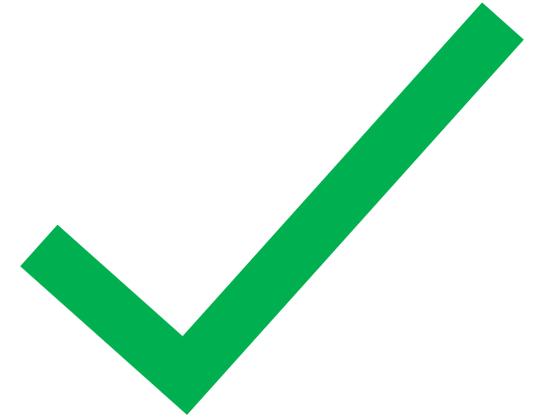


What if... your teeth sit in pop for 5 days?

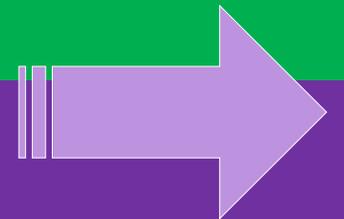
Nothing  
happens

They  
rot

That's correct!



This is what your teeth look like if they sit in pop over 5 days.



# Incorrect!



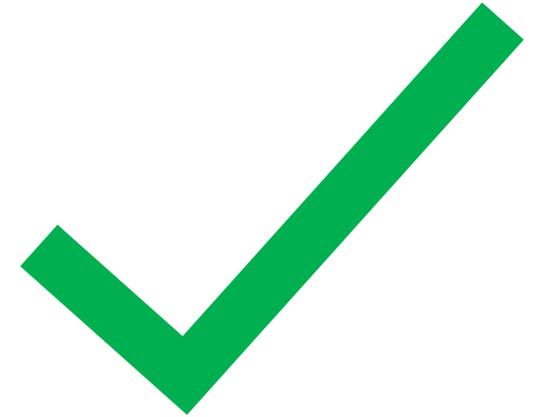
This is what your teeth look like if they sit in pop over 5 days.

What happens to your body if you drink 8 glasses of water a day?

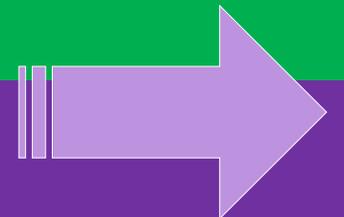
Happy &  
healthy

Sick &  
tired

That's correct!



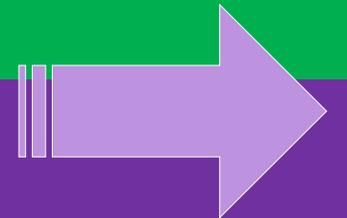
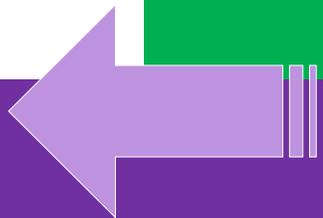
Drinking water helps keep your mind focused, improves your energy levels and boosts your metabolism which can help with weight loss.



# Incorrect!



Drinking water helps keep your mind focused, improves your energy levels and boosts your metabolism which can help with weight loss.

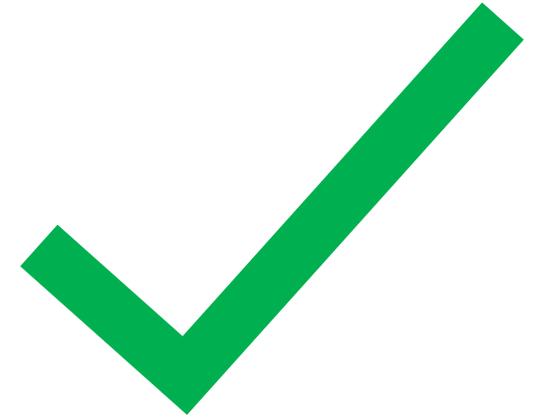


If you drink pop, you will be...?

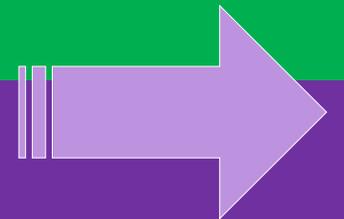
Full of  
energy

Full of  
regret

# That's correct!



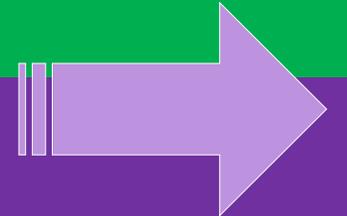
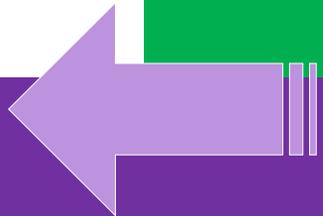
If you make the mistake, just know it's better to drink water. Drinking pop can actually reduce your energy, contribute to weight gain and can harm your oral health. Rethink your drink! Choose water!



# Incorrect!



Drinking pop can actually reduce your energy, contribute to weight gain and can harm your oral health. Rethink your drink! Choose water!



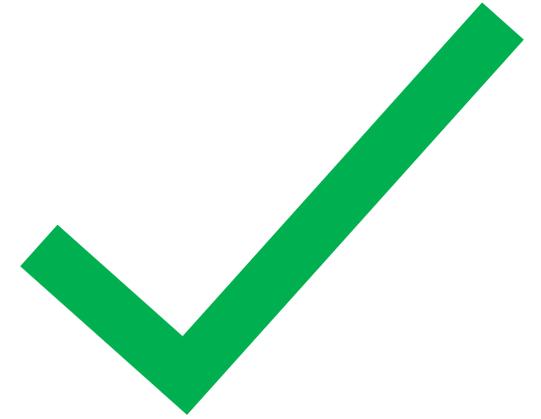
Which drink has more sugar? Chocolate Milk or Pop?

Chocolate  
Milk

Pop



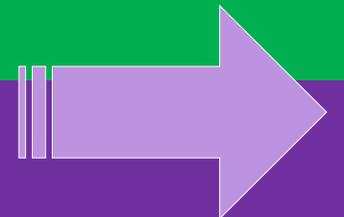
That's correct!



Pop = 16 teaspoons

Chocolate Milk = 5 teaspoons

It's okay to drink milk sometimes, but don't forget it does have added sugar.





**Incorrect!**



Pop = 16 teaspoons

Chocolate Milk = 5 teaspoons

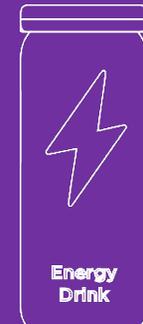
It's okay to drink milk sometimes, but don't forget it does have added sugar.

Which drink has more sugar? Sports drink or energy drink?

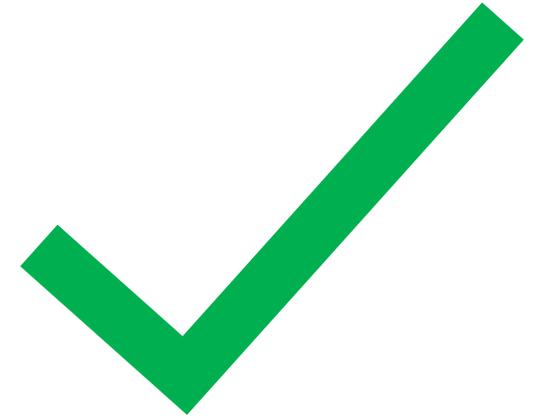
Sports drink



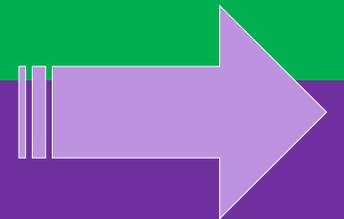
Energy drink



That's correct!



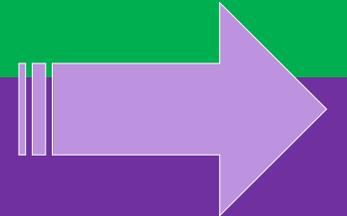
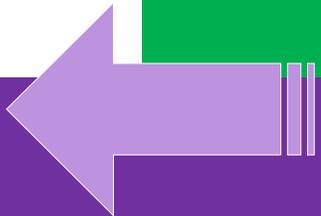
Sports drink = 14 teaspoons  
Energy drink = 10 teaspoons



# Incorrect!



Sports drink = 14 teaspoons  
Energy drink = 10 teaspoons

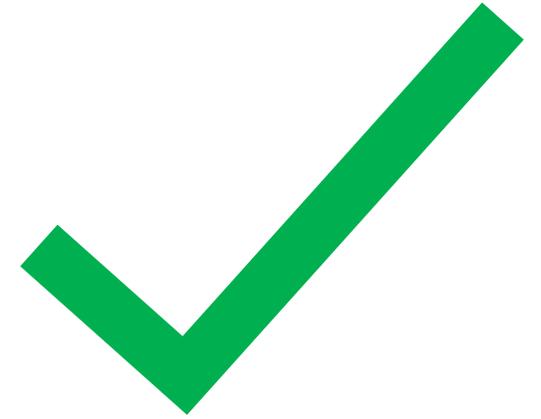


Which drink has **the least** amount of sugar?  
Orange juice or water?

Orange juice

Water

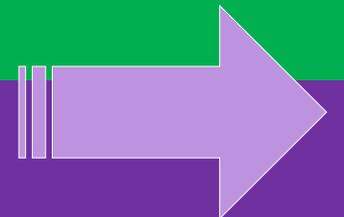
That's correct!



Water = 0 teaspoons

Orange juice = 11 teaspoons

Water is the healthiest choose! Rethink your drink!



# Incorrect!



Water = 0 teaspoons

Orange juice = 11 teaspoons

Water is the healthiest choose! Rethink your drink!

