

## 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.