

Count Your CUBES!

MULTIPLE CHOICE

For each of the following questions, circle the letter beside the answer you think is BEST.

Q#1: Why don't sugary drinks fit into any of the food groups in *Eating Well with Canada's Food Guide*?

- a) They have more sugar than is good for you and have little or no nutritional value.
- b) Naming all the kinds of sugary drinks would take up too much room.
- c) No drinks are included in *Eating Well with Canada's Food Guide*.
- d) Everybody knows that sugary drinks are not a food.

Q#2: You can best make healthy drink choices by:

- a) reading the labels on drinks to learn what they contain.
- b) listening to what others tell us about the drinks they choose.
- c) testing drinks for a fresh taste.
- d) listening to what the media says we should buy.

Q#3: What do advertisements tell or show you about drinks?

- a) Information about all the ingredients of the drink
- b) Good things about the drink, and good things that happen when you drink it
- c) Warnings about negative side-effects of drinking the products
- d) The conditions under which the drink has been made.

Q#4: The healthiest drink choice at any time is:

- a) a sports drink because sometimes you need quick energy.
- b) water because it is most refreshing and best for your body.
- c) a pop because the caffeine can keep you awake to study more effectively.
- d) a sweetened fruit drink because it has fruit in it.

Q#5: When you choose a drink, you should base your decision on:

- a) whether it gives us a feeling of energy.
- b) how "cool" it looks.
- c) how its contents may affect your body.
- d) what your friends think of the drink.

Answers: 1. a) 2. a) 3. b) 4. b) 5. c)

