

POWER POINT PRESENTATION.

A Dose of Energy or Sugar?

1. What factor do energy drinks and sodas have in common?

- a. Both have more caffeine than a cup of coffee.
- b. Both are highly accessible to consumers.
- c. Both are used to help boost energy for exercising.
- d. Both are dependent on a type of jargon.

2. What is the primary difference between energy drinks and soda?

- a. How popular they have become in today's society.
- b. What types of stores tend to sell the products?.
- c. How much caffeine and sugar each one contains.
- d. What impact they have on energy levels.

3. What feature do energy drinks offer that soda does not?

- a. Energy drinks have significantly less sugar than soda.
- b. Energy drinks come in smaller containers than soda.
- c. Energy drinks are easier to find in convenience stores.
- d. Energy drinks improve a person's exercise routine.

4. While most people drink a cold can of soda after exercising, they typically drink energy drinks before they exercise.

- a. True.
- b. False.

5. Important nutritional information is listed on beverages, but consumers tend not to read them.

- a. True.
- b. False.