

POWER POINT PRESENTATION.

Click on the bar, watch the power point presentation and answer the correct answer for the following questions.

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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.