

Name: _____ Grade: _____ Date: _____

Beverages



Answer the following questions in the spaces provided.

1. List two functions of beverages in the diet.

2. Name a beverage made from cacao.

3. Name two types of hot beverages.

4. Name two milk-based beverages.

5. Why should you limit the consumption of soft drinks in the diet?

6. What is the main difference between fruit juices and fruit drinks.

7. Why do you think a powdered drink mix may be a wise choice for people without a refrigerator?
