



Quick Quiz Questions for *Rethink Your Drink Spin Wheel*

When the wheel lands on a sugary drink (soda, energy drink, sports drink, vitamin-added water, fruit-flavored soda, fruit nectar, sweetened tea)

“Name of sugary drink is a sugary drink, what can you do to drink less of it?”

Examples of correct responses:

- Drink something healthy—like water—instead.
- Add more ice.
- Don't buy it as often.
- Drink it every other day.
- Use a smaller cup size.

“Name of sugary drink is a sugary drink, what can you drink instead?”

Examples of correct responses:

- Diet or low calorie replacement
- Water, Calorie-free seltzer water
- Fat-free or 1% lowfat milk
- 100% juice in limited amounts

When the wheel lands on water:

“How can you fit more water into your day?”

Examples of correct responses:

- Carry a refillable water bottle.
- Drink water instead of a sugary drink.
- Drink water between meals and with snacks.

When the wheel lands on 100% juice:

“How can you be sure a juice is 100% juice?”

Answer: Read the Ingredients on the Nutrition Facts label; look for the percent juice.

When the wheel lands on milk:

“How many glasses of milk do you drink in a day?”

Note the recommendations below. Emphasize fat-free or 1% milk for anyone age two or older.

- Adults and children ages nine and up: Three cups per day
- Children ages four to eight years: Two-and-a-half cups per day
- Children ages two to three years: Two cups per day

Rethink Your Drink Spin Wheel Quiz

Slot	Question	Answer	Comments
	Where are the calories listed on a beverage container?	On the Nutrition Facts label. <i>Show a beverage container and point to the number of calories on the label.</i>	<i>You can also find serving size, grams of sugar, grams of fat, vitamins, ingredients & more on the label.</i>
	Name two healthy drink choices.	Possible answers: 1. Water, seltzer water 2. Fat-free or lowfat milk 3. 100% juice	<i>Show fat-free or lowfat milk cartons, 100% fruit juice containers. Point to "100%" on the juice container label.</i>
	It is healthy for me to drink as much 100% juice as I want?	Not exactly...juice has a lot of natural sugar, so when possible eat the whole fruit instead. <i>Daily limits for 100% juice: Adults: eight ounces (one cup) Children: four to six ounces (about 1/2 to 3/4 cup)</i>	<i>Show the cup sizes for a visual reminder of portion sizes.</i>
	How do I know the juice I'm buying is 100% juice?	Check the Ingredients on the Nutrition Facts label.	<i>Point to the percentage of juice on the label.</i>
	True or False: A major source of added sugar in American diets is from soda, energy drinks, and sports drinks.	True. ¹	
	Where does the 'energy' in an energy drink come from?	Energy drinks commonly contain sugar and stimulants, such as caffeine.	<i>Note that caffeine is not recommended for children, and that energy drinks do not need to disclose the amount of caffeine they contain.</i>
	True or False: Fruit nectar drinks are the same as 100% juice.	False. <i>Fruit nectar and juice drinks have added sugar and may contain only two to ten percent juice.</i>	<i>Show examples of nectars and juice drinks. Point to the percentage of juice on the label.</i>
	How do you know if your fruit nectar has added sugar?	Check the ingredients on the Nutrition Facts label. <i>Ingredients are listed in order by weight, from most to least.</i>	<i>If it's in the first three ingredients, you can be sure that added sugar is a major ingredient.</i>

Slot	Question	Answer	Comments
	How many servings are in this bottle?	1.5 servings	<i>It's important to note the serving size so you can get a true idea of how many calories are in your drink. There's actually 165 calories in this container.</i>
	How much fruit is in this fruit flavored soda?	None.	<i>Show 'fruit flavoring' in the ingredients listing</i>
	What is a juice drink?	A juice drink is a sweetened juice product with minimal juice content. It is considered a sugar-sweetened beverage rather than fruit juice. ²	<i>Often, these products have added vitamins, like Vitamin C, added to improve their health profile.</i>
	True or False: Drinking sugary drinks nearly doubles the risk of dental cavities in children.	True. ³	<i>Sugary drinks also add extra calories, which may contribute to weight gain.</i>
	Milk and milk products contain what important mineral?	Calcium. <i>Show the milk drink label card and point to the calcium on the label.</i>	<i>Eat lowfat yogurt and cheese, or eat/drink calcium-fortified soy products as alternatives to milk.</i>
	Which types of milk are considered to be heart healthy?	Lowfat 1% and fat-free milk.	<i>Note that once children are over age two, switch to 1% or fat-free milk. Children under age two need whole milk for the extra fat and calories for brain development.</i>
	How many calories are in this bottle of soda?	227 calories.	<i>For a 2,000 calorie diet, this is more than 10% of your calories for the entire day!</i>
	True or False: Drinking sugary drinks nearly doubles the risk of dental cavities in children.	True. ³	<i>It also adds extra 'empty calories' to their diet, which can put them at risk for weight gain.</i>

Slot	Question	Answer	Comments
	True or False: Kids need a sports drink after playing sports for an hour.	False. <i>Sports drinks are unnecessary for children who exercise less than three hours in normal weather conditions.</i> ⁴	<i>Drink water before, during, and after playing sports to stay hydrated.</i>
	True or False: Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.	True. ²	
	True or False: Adults who drink one or more sugary drinks a day are more likely to be overweight.	True. ^{5,6}	<i>Sweetened teas are considered sugary drinks – look at the Ingredient list and see that sugar is the second ingredient, after water.</i>
	<i>Show the Drink Label Card.</i> How many servings are in this bottle of sweetened tea?	2.5	<i>It is important to note the serving size so you can get a true idea of how many calories are in your drink. There is actually 213 calories in this container.</i>
	<i>Show the Drink Label Card.</i> What are the first two ingredients in “Vitamin-Added Water”	Water and sugar.	<i>Fructose is also found in fruits. Eat fruits and vegetables the next time you want to give your body vitamins!</i>
	<i>Show the Drink Label Card.</i> How many calories are in this bottle?	125 calories. <i>Note that there are 2.5 servings at 50 calories each in each bottle.</i>	<i>While it is less calories than soda and juice drinks, over time 125 calories for each bottle can certainly add up.</i>
	What can you do to drink water instead of sugary drinks?	Possible answers: 1. Keep refillable water bottles with you. 2. Don't keep sugary drinks at home or in the workplace. 3. Set an allowance for the amount of money you can spend on sugary drinks – and gradually decrease it over time.	<i>You can do it. Your health is worth the effort.</i>
	<i>Show the Drink Label Card.</i> How many calories are in this container?	Zero.	<i>Water. The natural, calorie-free way to rehydrate. Drink. It. Often.</i>

Sources

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*, 2010. Washington, DC: U.S. Government Printing Office; December 2010.
2. U.S. Department of Agriculture. 10 tips nutrition education series. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf. Published June 2011. Accessed June 5, 2012.
3. Sohn W, Burt BA, Sowers MR. Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res*. Mar 2006;85(3):262-266.
4. Ahmad A. Water is top choice for keeping kids hydrated. *AAP News*. Aug 2008;29(8):29.
5. Babey SH, Jones M, Yu H, Goldstein H. *Bubbling Over: Soda Consumption and Its Link to Obesity in California*. Los Angeles, CA: UCLA Center for Public Health Advocacy; 2009.
6. Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: A prospective, observational analysis. *Lancet*. 2001;357:505-508.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.