



drink health



# True or False

Student take turns reading out the questions below – other students raise a true or false card in answer to the question. Class discussion on student selected answers.

Question	True or False
1. Energy drinks are a healthy drink option	
2. You are better to eat your fruit than drink it	
3. Smoothies are always a healthy choice	
4. Plain milk is a healthy drink	
5. Tap water is freely available	
6. New Zealanders on average consume 54 kg of sugar each year	
7. Sweet drinks can cause tooth decay	
8. Fruit juice is a healthy alternative to water	
9. Water is the best choice before, during and after physical activity	
10. Sports Drinks are great for all types of physical activity	
11. Water is the best drink for all the family	
12. Diet drinks do not damage teeth	





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**Answers**

Energy Drinks are a healthy drink option	False
You are better to eat your fruit than drink it	True
Smoothies are always a healthy choice	False
Plain milk is a healthy drink	True
Tap water is freely available	True
New Zealanders on average consume 54 kg of sugar each year	True
Sweet drinks can cause tooth decay	True
Fruit juice is a healthy alternative to water	False
Water is the best choice before, during and after physical activity	True
Sports Drinks are great for all types of physical activity	False
Water is the best drink for all the family	True
Diet drinks do not damage teeth	False