



# Energy Drinks



## Information About Me

Gender (Circle One): Male Female

Grade: \_\_\_\_\_

County: \_\_\_\_\_

Are you part of a Military Family? (Circle One): Yes No

Number of Years in 4-H: \_\_\_\_\_

Race & Ethnicity (Circle all that apply): White African-American or Black Asian American Indian Pacific Islander Hispanic ethnicity

Answer the questions below by putting an "X" in the box.

Enter as follows:

0 = Strongly Disagree (2 thumbs down) or Disagree (1 thumb down)

1 = Agree (1 thumb up)

2 = Strongly Agree (2 thumbs up)

	Strongly Disagree 	Disagree 	Agree 	Strongly Agree 
Marketing is important when selling a product.	0	0	1	2
I understand how caffeine can have negative effects on a person.	0	0	1	2
I know the difference between energy drinks and sports drinks.	0	0	1	2
I can identify alternative ways to get energy.	0	0	1	2
I have a better understanding of the effects of drinking energy drinks.	0	0	1	2





# Energy Drinks



## Vocabulary

A LINE from each word to the correct definition.

DRAW

<b>D</b>	Marketing	<del>A. A stimulant of the central nervous system.</del>
<b>A</b>	Caffeine	<del>B. A substance that makes you pee more.</del>
<b>E</b>	Carbohydrate	<del>C. A drink that contains caffeine and sugar to make you feel more energized.</del>
<b>C</b>	Energy Drink	<del>D. Promoting a product or service.</del>
<b>B</b>	Diuretic	<del>E. A molecule that can help increase energy.</del>

Enter  
1 = Correct Answer  
0 = Incorrect Answer

## TRUE / FALSE QUESTIONS

Answer by putting an "x" in the box.	True	False
1. Energy drinks are healthier than sports drinks.		★
2. Logos of energy Drink companies are carefully designed to attract a specific target audience.	★	
3. Energy drinks are regulated by the Federal		★
4. Energy drinks rehydrate the body.		★
5. Water is a better choice than energy drinks	★	

*The most important thing I learned from this program...*

## MULTIPLE CHOICE QUESTIONS

CIRCLE the correct answer for each question below.

1. What is NOT a good alternative to an energy drink after exercising?	Chocolate Milk	Candy	Fruit
2. What is true about caffeine?	It is the most common drug in the U.S.	It is a healthy way to get energy	Caffeine is a type of mineral
3. What is something that sports drink contain that energy drinks do not?	Caffeine	Supplements	Electrolytes

Enter  
1 = Correct Answer  
0 = Incorrect Answer