

## Beverage nutrition knowledge (8 items)

1. Which is better for your child's health?



Fruit drinks



100% fruit juice (correct answer)

2. Which is better for your child's health?



Whole milk



Low-fat milk (correct answer)



3. Which is better for your child's health?



Plain milk (correct answer)



Sweetened flavored milk



4. Which type of milk has the most calories in 1 cup?
  - Whole chocolate milk (correct answer)
  - Whole white milk
  - 2% white milk
  - I do not know (scored as incorrect)
5. Which type of milk has the least calories in 1 cup?
  - 1% white milk
  - Nonfat skim white milk (correct answer)
  - Nonfat skim chocolate milk
  - I do not know (scored as incorrect)
6. Which beverage has the most calories in 1 cup?
  - 100% grape juice, unsweetened (correct answer)
  - Low fat, skim white milk
  - Regular cola, carbonated
  - I do not know (scored as incorrect)
7. About how many calories does a moderately active 9-12 year old boy or girl need each day?
  - 1000-1600 calories
  - 1600-2200 calories (correct answer)
  - 2200-2800 calories
  - 2800-3400 calories
  - I do not know (scored as incorrect)
8. How much water should a child who is 9-12 years-old drink each day?
  - 2-3 cups each day
  - 5-6 cups each day
  - 9-10 cups each day (correct answer)
  - I do not know (scored as incorrect)



### Dairy/calcium knowledge (8 items)

Mark true, false, or I do not know (scored as incorrect) for the following questions:

1. 1 cup of calcium-fortified orange juice has about the same amount of calcium as 1 cup of dairy milk. (T)
2. 1 cup of non-dairy milk (soy, rice, or almond) has about the same amount of calcium as 1 cup of dairy milk. (T)
3. 1 cup of lactose free dairy milk (Lactaid™) has about the same amount of calcium as 1 cup of regular dairy milk. (T)
4. Boys need more calcium than girls. (F)
5. Most 9-12 year-old girls are not getting enough calcium. (T)
6. Most 9-12 year-old boys are not getting enough calcium. (T)
  
7. How much calcium is recommended for children 9-12 years-old each day?
  - 500 milligrams each day
  - 800 milligrams each day
  - 1300 milligrams each day (correct answer)
  - I do not know (scored as incorrect)
  
8. How many cups of milk would a 9-12 year-old child need to drink each day to get the calcium he/she needs?
  - 1 cup
  - 2 cups
  - 3 cups (correct answer)
  - 4 cups
  - 5 cups
  - I do not know (scored as incorrect)



## Knowledge about sugar in beverages (7 items)

Please look at this beverage product to answer the following questions:

For this bottle, list the number of servings, calories per serving, and grams of sugars.



1. Servings: 2.5
2. Calories: 250
3. Grams of sugars: 69
4. How many calories are in 1 teaspoon of sugar?
  - 16 calories (correct answer)
  - 30 calories
  - 45 calories
  - I do not know (scored as incorrect)
5. What is the highest percentage of total calories that should come from sugar for children 9-12 years-old?
  - 15% (correct answer)
  - 30%
  - 45%
  - I do not know (scored as incorrect)
6. How many calories are in a 12 ounce can of regular cola soda pop?
  - About 150 calories (correct answer)
  - About 200 calories
  - About 250 calories
  - I do not know (scored as incorrect)



7. Which beverage has the most sugar in 1 cup?

- 100% orange juice, unsweetened
- Canned fruit punch
- Regular cola, carbonated (correct answer)
- I do not know (scored as incorrect)