

Name _____

Sugar Shock: The Impact of Sugary Drinks and Snacks on Our Health

Multiple Choice Questions

1. What is the impact of consuming sugary drinks and snacks on your blood sugar levels?
 - a) Steady blood sugar levels
 - b) Rapid spikes and crashes
 - c) Decreased energy
 - d) Improved mood

2. How does excessive sugar consumption affect your teeth?
 - a) It strengthens tooth enamel
 - b) It has no impact on dental health
 - c) It can lead to cavities
 - d) It makes teeth whiter

3. What is one health condition that can be linked to excessive sugar intake?
 - a) Healthy weight
 - b) Strong bones
 - c) Heart disease
 - d) Improved eyesight

4. Why can sugary drinks be considered hidden culprits in sugar consumption?
 - a) They have clear warning labels
 - b) They are low in calories
 - c) They often contain a lot of hidden sugars
 - d) They are always labeled as unhealthy

5. Which is a healthier alternative to sugary drinks?
 - a) Water
 - b) Soda
 - c) Fruit juice
 - d) Sweetened tea

