

SIP SMART! BC™

Name _____

Date _____

All the answers can be found somewhere in your Sip Smart! BC booklet! (Clues progress from front to back)

ACROSS

1. Sugary drinks are drinks that contain _____ sugar.
7. Healthy drink choices have lots of _____.
9. An addictive stimulant that can affect the way a child feels.
10. Number of milligrams (mg) of caffeine in 1 cup of black tea.
11. Drinks that contain sugar and were designed to keep professional athletes hydrated. (2wds.)
14. Find a drink whose recommended daily serving size is 125mL or less.
15. Name of a drink that is always a great choice.
18. Find the drink which has 20 sugar cubes per 500mL cup. (2wds.)

DOWN

2. Find the recommended maximum amount of sugar cubes per day for a 9-13 year old girl.
3. Find the number of sugar cubes equal to 40 grams of sugar.
4. One of the many different names for sugar.
5. Read labels carefully and double-check the _____ size.
6. A drink that provides you with some calcium and vitamin D
8. Bacteria + sugar in sugary drinks = _____, which leads to tooth decay.
12. Drinks that have as much sugar as pop and are very high in caffeine. (2wds.)
13. Find the name of the shortest drink on *Canada's Food Guide's* "choose least" list.
16. A type of drink that may only contain a small amount of fruit juice, plus added sugar and chemicals. (2wds.)
17. Find the drink which has 17 sugar cubes in a 591mL bottle.

