

BOSS: BEVERAGE BUSTOPOLIS

SYNERGY DRINK

40 POINTS

- 1) What is it called when your body does not have enough fluids and you begin to lose energy and have trouble concentrating?
 - A. Hydrate
 - B. Dehydration
 - C. Hunger
 - D. Sodium excess
- 2) What is a stimulant and drug that disrupts sleep, raise blood pressure, and affect your mood?
 - A. Sucrose
 - B. High fructose corn syrup
 - C. Artificial sweeteners
 - D. Caffeine
- 3) Ingredients such as taurine and yerba mate are examples of what?
 - A. Caffeine tricksters
 - B. Vitamins
 - C. Artificial sweeteners
 - D. Minerals
- 4) What are typically made in a lab and do not contain calories, but are processed ingredients typically added to “diet” beverages?
 - A. Minerals
 - B. Caffeine tricksters
 - C. Artificial sweeteners
 - D. Vitamins
- 5) Which one of Synergy Drink’s ingredients would be called an “artificial sweetener”?
 - A. Taurine
 - B. Water
 - C. Caramel color
 - D. Aspartame
- 6) Which one of Synergy Drink’s ingredients would be called a “caffeine trickster”?
 - A. Taurine
 - B. Water
 - C. Caramel color
 - D. Aspartame
- 7) Instead of drinking Synergy Drink, what would be a healthier option to drink in order to hydrate?
 - A. Diet cola
 - B. Sweetened sports drink
 - C. 100% fruit juice
 - D. Fruit juice made with fruit juice concentrate
- 8) What fact is typically the main reason diet cola is an unhealthy beverage choice?
 - A. It has zero calories
 - B. It contains artificial sweeteners and caffeine
 - C. It has zero carbohydrates
 - D. It contains water

