

## Think your Drink Worksheet

Name: \_\_\_\_\_

Directions: Use the information provided from the “ Think your Drink” Handout to compare the drinks.

1. Which drinks have protein in them?
2. Which drink has the most Calcium?
3. Which drink has the most Carbs?
4. Which drink has the most sugar?
5. Which drinks have more than one serving per container?
6. Which drink has the most Calories per serving?
7. Why is it important to look as the ingredients in drinks before you choose a drink for yourself?