

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

## Soft-Drink Smarts

**Directions:** Read the nutrition labels below. Then answer the questions that follow.

| <b>Energy Blast</b>    |                  |
|------------------------|------------------|
| <b>Nutrition Facts</b> |                  |
| <b>Serving Size</b>    | 8 fl oz (240 ml) |
| <b>Servings</b>        | 1                |
| <b>Calories</b>        | 112              |
| <b>Total Carb</b>      | 29g              |
| <b>Caffeine</b>        | 80mg             |

| <b>Cool Cola</b>       |                  |
|------------------------|------------------|
| <b>Nutrition Facts</b> |                  |
| <b>Serving Size</b>    | 8 fl oz (240 ml) |
| <b>Servings</b>        | 1                |
| <b>Calories</b>        | 97               |
| <b>Total Carb</b>      | 27g              |
| <b>Caffeine</b>        | 23mg             |

| <b>Diet Cool Cola</b>  |                  |
|------------------------|------------------|
| <b>Nutrition Facts</b> |                  |
| <b>Serving Size</b>    | 8 fl oz (240 ml) |
| <b>Servings</b>        | 1                |
| <b>Calories</b>        | 1                |
| <b>Total Carb</b>      | 0g               |
| <b>Caffeine</b>        | 31mg             |

| <b>Fruity SportAid</b> |                  |
|------------------------|------------------|
| <b>Nutrition Facts</b> |                  |
| <b>Serving Size</b>    | 8 fl oz (240 ml) |
| <b>Servings</b>        | 1                |
| <b>Calories</b>        | 56               |
| <b>Total Carb</b>      | 15g              |
| <b>Caffeine</b>        | 0mg              |

| <b>Summit Rain</b>     |                  |
|------------------------|------------------|
| <b>Nutrition Facts</b> |                  |
| <b>Serving Size</b>    | 8 fl oz (240 ml) |
| <b>Servings</b>        | 1                |
| <b>Calories</b>        | 110              |
| <b>Total Carb</b>      | 31g              |
| <b>Caffeine</b>        | 36mg             |

1. Which drink has the most caffeine in one 8-ounce serving? \_\_\_\_\_  
The least? \_\_\_\_\_
2. Which drink has the most sugar (or carbohydrates, listed as “Total Carb” on the nutrition label) in one serving? \_\_\_\_\_ The least? \_\_\_\_\_
3. Typical 10- to 12-year-olds should have no more than 85 milligrams of caffeine a day. About how many Cool Colas would it take to get that much caffeine? \_\_\_\_\_  
About how many servings of Energy Blast? \_\_\_\_\_
4. Circle which has more sugar: one serving of Summit Rain or two servings of Fruity SportAid
5. An 8-ounce cup of coffee has about 130 milligrams of caffeine. How many servings of Cool Cola would you have to drink to equal the caffeine in one cup of coffee? \_\_\_\_\_

**BONUS:** If you drink one entire 20-ounce bottle of Cool Cola, how many milligrams of caffeine will you get? \_\_\_\_\_