

Name \_\_\_\_\_

Date \_\_\_\_\_

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## Dental Health Curriculum – Nutrition and Soda Consumption QUIZ

*CIRCLE THE CORRECT ANSWER*

1. In high school and middle school, which is the most popular drink?
  - a. Milk
  - b. Soda
  - c. Orange juice
  - d. No answers are correct
2. In 2000, Americans drank more than \_\_\_\_\_ gallons of soda per person.
  - a. 10
  - b. 25
  - c. 100
  - d. 50
3. Non-diet sodas contain about \_\_\_\_\_ teaspoons of sugar per serving.
  - a. 11
  - b. 5
  - c. 2
  - d. 15
4. The average person eats about \_\_\_\_\_ pounds of sugar per year.
  - a. 5
  - b. 75
  - c. 250
  - d. 147
5. Which acids are found in sodas?
  - a. Citric and Hydrochloric
  - b. Phosphoric and Hydrochloric
  - c. Citric and Phosphoric
  - d. No answers are correct
6. Increased sugar in your diet can lead to:
  - a. Tooth decay
  - b. Obesity
  - c. Diabetes
  - d. All answers are correct.
7. The acids in soda can cause:
  - a. Stunting of growth
  - b. Tooth enamel erosion
  - c. Obesity
  - d. Impaired vision
8. Which food is not part of a healthy diet?
  - a. Soda
  - b. Milk and dairy products
  - c. Grains
  - d. Fruits and raw vegetables
9. A form of sugar is:
  - a. Fructose
  - b. Sodium
  - c. MSG
  - d. Caffeine
10. Aspartame, phosphoric acid and potassium benzoate might be found in \_\_\_\_\_.
  - a. Milk
  - b. Orange juice
  - c. Diet soda
  - d. Apple juice

**Dental Health Education Curriculum  
Middle School  
Quiz  
Nutrition and Soda Consumption  
Answers**

1. B
2. D
3. A
4. D
5. C
6. D
7. B
8. A
9. A
10. C