# Beverages Review

What are 2 different names for sugar that you could find on the side of a drink container?

Write 2 things in each section:

|  |  |
| --- | --- |
| Good things about Juicing | Bad things about Juicing |
|  |  |

What is fiber? What are 2 sources of fiber?

What are the 2 different types of fiber?

What does fiber do?

What are 2 functions of water in the body?

How many days can you live without water? Why is that only sort of true?

What is one way to tell if you are dehydrated?

What are 2 of the different categories of tea that all tea falls under?

What are 2 of the health benefits from tea?

Where did high tea originate?

Caffeine acts as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Alcohol acts as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are 2 of the side effects from caffeine sensitivity?

What are 2 of the effects of alcohol consumption?

How should you take care of someone with alcohol poisoning?

Why is alcohol considered to be “empty calories”?

What is the problem with alcohol and pregnancy?