



Name: \_\_\_\_\_ .Grade: \_\_\_\_\_. Group: \_\_\_\_\_. Date: \_\_\_\_\_.

**Write T (TRUE) or F (FALSE).**

1. It's part of our mission to help people live the unhealthiest lives possible.
2. Americans drink an average of 46 litres of sugary drinks each year.
3. Allina Health offers sweetened beverages.
4. Consuming too much sugar has been shown to increase the risk for obesity, diabetes, heart disease and some cancers.
5. Just one sugary drink per day increases a kid's risk of becoming overweight by 27%.

**Match the information to create the correct sentences. There is 1 extra letter option that you won't need.**

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|---|--|
| 1. We no longer offer deep-fried foods or beverages ( )                             | a) increases the risk of type 2 diabetes by 26%.   |
| 2. In addition to those options, a limited supply of whole or flavored milk ( )     | b) for obesity, diabetes, heart disease and some cancers.                                    |
| 3. Consuming too much sugar has been shown to increase the risk ( )                 | c) and sweetened non-dairy milk alternatives is available.                                   |
| 4. Deep-fried foods offer little nutritional value and are usually high in fat, ( ) | d) body weight, poor nutrition and/or physical inactivity.                                   |
| 5. One in three cancer deaths in the U.S. is linked to excess ( )                   | e) particularly the types that are bad for health.   |
| 6. Just one sugary drink per day increases an adult's risk ( )                      | f) of becoming overweight by 27%.  |
| 7. Just one sugary drink a day ( )  | g) that are pre-sweetened with sugar and other caloric sweeteners.                           |
|   | h) limited supply of "diet" or beverages sweetened with sugar substitutes is also available. |