Health Drinks Challenge

Please circle the healthier drink in each group.

1

A. Soft drink

B. Water

C. Probiotics drink

2

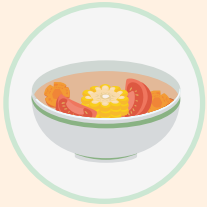
A. Low-fat milk (original flavour)

B. Chocolate milk

C. Strawberry milk

3

A. Bone soup



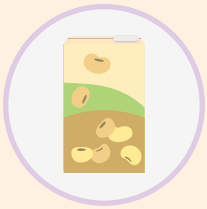
B. Clear soup

C. Chicken feet soup

4

A. Sweetened soymilk

B. Black soymilk with sugar



C. Calcium-fortified, low-sugar soymilk

5

A. Lemon water without added sugar

B. Lemon tea

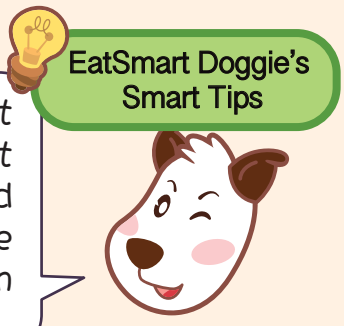
C. Iced lemon tea

6

A. Pure orange juice*

B. Orange-flavoured drink

C. Orange-flavoured energy drink in jelly



*Whole fruit is healthier than pure fruit juice! Daily consumption of pure fruit juice is not recommended. It is suggested to drink not more than 2 times of pure fruit juice a week with not more than 180ml each time.

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Activity Worksheets

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Answers:
1. B 4. C
2. A 5. A
3. B 6. A

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