

# INSTRUCTIONS: LIFT THE LID INTERACTIVE QUIZ

## Module 3: Topic 2

**Duration** 30 minutes

**Required** Whiteboard or computer

**Learning outcomes** Understand that energy drinks contain a lot of sugar. Understand that water is a healthy alternative.

**Preparation** Ask the group if they know that energy drinks contain a lot of sugar. Explain that sugar contains lots of Calories but little goodness. Eating or drinking too much sugar can cause weight gain and can also cause tooth decay. So it's best to keep it to small amounts in your diet and choose sugar-free drinks.

For more information about the amount of sugar and caffeine contained in 14 different energy drinks, download the A4 infographic or A3 poster on [eatright.eu](http://eatright.eu)

**Instructions** This quiz can be played by individuals on a computer. Bring the quiz up on screen. Players are asked to pick the number of teaspoons of sugar contained in each drink.

