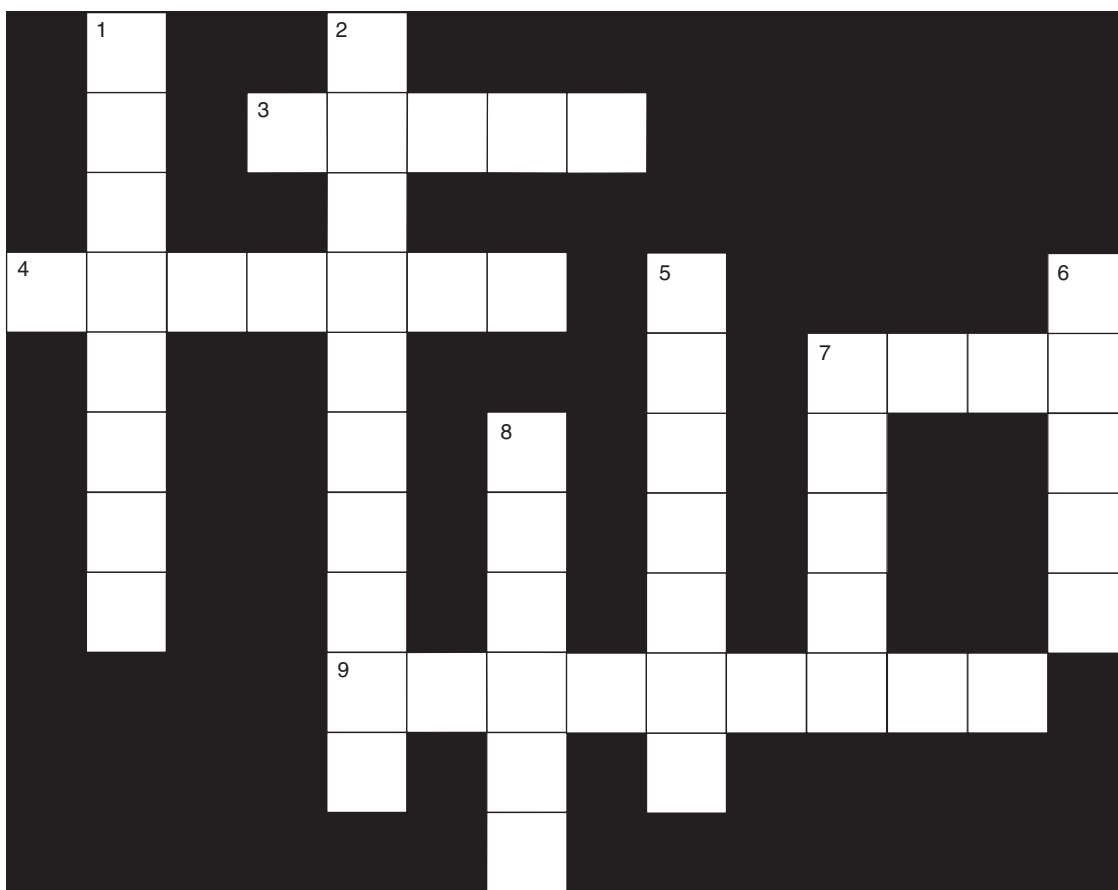


Beverage Buzz

Name _____

Complete the crossword puzzle using the words in the following list. For help with answering the clues, look at the nutrition facts labels on the Beverage Facts sheet that your teacher gives you.

Calcium	Fruit	Soda	Sucrose	Vitamin C
Corn syrup	Fruit punch	Sports	Sugar	Water



Down

1. A nutrient in orange juice (two words)
2. Sounds healthy but has a lot of sugar (two words)
5. Scientific name for table sugar
6. The best thirst quencher
7. 10 teaspoons of this are found in a 12-ounce (355 ml) soda
8. Sodium can be found in this type of drink

Across

3. Fructose is the natural sugar in this food
4. A mineral in milk
7. This carbonated sugary drink provides empty calories
9. Sounds like a vegetable but is really a sugar (two words)

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).