

School name/class name:.....



Post SWAP quiz

1. How many days a week do you have a sugary drink?

0	1	2	3	4	5	6	7
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2. Do you ever check nutritional labels on drinks or food?

Yes

No

Sometimes

3. Why do you drink sugary drinks?

Taste

Energy

Sports

Treat

Because I can

Friends do

I don't have sugary drinks.

4. Which of these have you had in the last 7 days?

Milkshake

Water

Fruit shoot

Dilute juice

Milk

Smoothie

Fizzy drink

Energy drink

5. Why do you think we should cut back on sugary drinks?

Tooth decay

Obesity

Bad for your health

Behavioural issues

6. How often do you brush your teeth?

Once a day

Twice a day

When I remember to

7. Tell us one thing you have learnt

8. Do you feel healthier for brushing your teeth twice a day and drinking less sugary drinks?

Yes

No