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This article has been accredited for CEU's (ref. no. DT/A01/P00004/2025/00004)

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1. The consequences of childhood overweight and obesity are far reaching, as they can cause:
  - a. Physical and medical health challenges, psychological dysfunction, improved school performance and low self esteem
  - b. Physical and medical health challenges, psychological dysfunction, decreased school performance and low self esteem
  - c. Coronary heart disease, type one diabetes, stroke, and hypertension
2. According to the CDC's definition, sugar-sweetened beverages (SSBs) are characterised by which of the following properties?
  - a. Low energy content but high micronutrient value, including fruit juices without added sugars
  - b. High energy content and low nutrient value due to added sugars, including sodas, sports drinks, fruit drinks, and energy drinks
  - c. High protein and electrolyte content, such as sports drinks and flavoured milk
3. According to the Healthy Active Kids South Africa Report Card of 2018, South African Children consume \_\_\_ which was the highest of all the countries in the study.
  - a. Less than four SSB portions a week
  - b. More than four SSB portions a week
  - c. Between four and seven SSB portions a week
4. The SSBs with the lowest frequency of intake were \_\_\_ with 57.4% ( $n = 105$ ) of learners reporting they never drink it.
  - a. Energy drinks
  - b. Fizzy soft drinks
  - c. Energy drinks and soft drinks
5. The majority of learners ( $n = 129$ ; 70.5%) indicated that they consumed \_\_\_ and 16.9% of learners ( $n = 31$ ) indicated that they drank more than one can of fizzy soft drinks a week
  - a. no fizzy soft drinks a week
  - b. one can or fewer of fizzy soft drinks a week
  - c. one can or fewer of fizzy soft drinks a day
6. According to the study the results from comparing the quantity of SSB intake and BMI showed two statistically significant findings regarding:
  - a. Sports drinks and fizzy soft drinks
  - b. Energy drinks and fizzy soft drinks
  - c. Diet/ sugar-free fizzy soft drinks and sports drink
7. Among the negative health effects associated with sugar, links with \_\_\_ were the most frequently mentioned perceptions throughout the discussion.
  - a. Illness, weight gain and vomiting
  - b. illness, nausea, and poor concentration
  - c. illness, weight gain and poor concentration
8. Access was a factor mentioned that can also influence children's SSB consumption which included:
  - a. Availability of vending machines
  - b. Parental control practices
  - c. Social media influence
9. When learners were asked, 'How do you think we can help children to drink fewer sugary soft drinks?' they made a few suggestions. The main suggestion revolved around:
  - a. Promoting water intake
  - b. Decreasing sales of SSB at school
  - c. Having free water in class
10. Anthropometric measures showed that the prevalence of overweight and obesity among the Grade 6 learners was:
  - a. 10.3% and 5.2%, respectively
  - b. 33.1% and 21.8%, respectively
  - c. 24.5% and 16%, respectively
11. Contrary to what would be expected, higher BMIs were seen in learners who consumed:
  - a. sports drinks 0 times a week and those who had more than one can of SSB drink per week.
  - b. sports drinks 0 times a week and those who had more than one can of diet/sugar-free soft drink per week.
  - c. sports drinks 1 times a week and those who had more than one can of diet/sugar-free soft drink per week.
12. Similarly, studies have shown that a high intake of non-nutritive sweeteners could lead to a hyperinsulinemia response, microbiota dysbiosis, and an increased calorie intake, which ultimately can lead to:
  - a. weight gain and insulin resistance
  - b. obesity and diabetes
  - c. weight loss and insulin resistance
13. What was found in the present study was that though there was a high level of awareness, it did not often deter learners from consuming SSBs. This could be due to learners:
  - a. Enjoying the taste
  - b. Enjoying the sensation of SSB
  - c. Both a and b
14. Which of the following factors was identified in the study as a relatively uncommon, yet notable, deterrent to SSB consumption among learners?
  - a. Government regulations limiting the sale of SSBs to minors
  - b. The presence of health conditions such as diabetes or gastrointestinal issues influencing personal consumption choices
  - c. Peer pressure encouraging avoidance of sugary drinks during school hours

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15. The execution of such \_\_\_\_ needs to be done in a way that is fun, relatable, and creative, and that includes visual aids and tools.
  - a. Activities
  - b. Education
  - c. Policies and programs