1. According to historical evidence, when were foods/beverages containing caffeine first consumed?  
   a. 600 A.D.  
   b. 2737 B.C.  
   c. 1527 B.C.  
   d. 575 A.D.

2. Which one of the following is a common source of caffeine?  
   a. Cocoa beans  
   b. Kona leaves  
   c. Bitterroot nuts  
   d. None of the above

3. According to a 2004 report in *Food & Chemical Toxicology*, the average person consumes approximately how many milligrams of caffeine per day?  
   a. 206 -275  
   b. 106 -175  
   c. 306 -375  
   d. 406 -475

4. 300 milligrams of caffeine is equivalent to how many 8-ounce cups of coffee?  
   a. 1  
   b. 2  
   c. 3  
   d. 4

5. On average, which of the following beverages (8 oz. each) contains the highest amount of caffeine?  
   a. Chocolate milk  
   b. Regular brewed tea  
   c. Regular brewed, drip coffee  
   d. Energy drink

6. Caffeine is added to soft drinks to create a balance between _______ and __________ flavors.  
   a. Sweet and bitter  
   b. Salty and sweet  
   c. Sweet and sour  
   d. None of the above

7. Which of the following is the primary source of caffeine for most adults 25 years of age and older?  
   a. Tea  
   b. Soft drinks  
   c. Chocolate  
   d. Coffee
8. Sensitivity to caffeine depends on which factor(s)?
   a. Frequency and amount of caffeine consumed
   b. Body weight
   c. Physical condition
   d. All of the above

9. Caffeine content of food and beverage products is affected by which of the following factors?
   a. Product shelf life
   b. Preparation method
   c. Storage temperature
   d. None of the above

10. Which of the following conditions has been conclusively linked to caffeine intake?
    a. Heart Disease
    b. Breast cancer
    c. Osteoporosis
    d. None of the above

11. Studies examining hydration status and caffeinated beverages indicate that drinking caffeinated beverages does not cause dehydration.
    a. True
    b. False

12. According to the consensus science, how much caffeine is safe for most healthy pregnant women to consume each day?
    a. None
    b. 200 mg/day or less
    c. 300 mg/day or less
    d. Caffeine intake does not need to be limited

13. Which of the following effects has been linked to caffeine consumption?
    a. Increased physical endurance
    b. Increased mental fatigue
    c. Increased pain tolerance
    d. None of the above

14. What does the American Academy of Pediatrics (AAP) Committee on Drugs Policy Statement say regarding caffeine consumption by breastfeeding mothers?
    a. Abstain from caffeine during breastfeeding
    b. 1 cup or less of coffee is acceptable during breastfeeding
    c. 2 to 3 cups of coffee is acceptable during breastfeeding
    d. All amounts of caffeine are acceptable during breastfeeding

15. Caffeine is linked to hyperactive behavior in children.
    a. True
    b. False