

National Refreshment Day Quiz

1. When is National Refreshment Day celebrated in the United States?

- ☐ a) Fourth Friday of July
- ☐ b) Fourth Thursday of July
- ☐ c) Fourth Saturday of July
- ☐ d) Fourth Sunday of July

(Answer: b) Fourth Thursday of July)

2. In which year was National Refreshment Day first observed?

- ☐ a) 2012
- ☐ b) 2015
- ☐ c) 2017
- ☐ d) 2019

(Answer: b) 2015)

3. Which company is credited with founding National Refreshment Day?

- ☐ a) PepsiCo
- ☐ b) Coca-Cola
- ☐ c) Traveler Beer Company
- ☐ d) Red Bull

(Answer: c) Traveler Beer Company)

4. What is the primary aim of National Refreshment Day?

- ☐ a) Promote healthy meals
- ☐ b) Encourage physical activity
- ☐ c) Celebrate refreshing drinks and summer relaxation
- ☐ d) Increase coffee sales

(Answer: c) Celebrate refreshing drinks and summer relaxation)

5. Which season is most associated with refreshing beverages?

- ☐ a) Spring
- ☐ b) Winter
- ☐ c) Summer
- ☐ d) Autumn

(Answer: c) Summer)

6. What type of drink is typically highlighted on National Refreshment Day?

- ☐ a) Hot chocolate
- ☐ b) Lemonade
- ☐ c) Pumpkin spice latte
- ☐ d) Eggnog

(Answer: b) Lemonade)

7. What fruit is commonly linked with refreshing drinks?

- ☐ a) Banana
- ☐ b) Apple
- ☐ c) Watermelon
- ☐ d) Mango

(Answer: c) Watermelon)

8. Which of these is considered a non-alcoholic refreshment?

- ☐ a) Mojito
- ☐ b) Lemon iced tea
- ☐ c) Margarita
- ☐ d) Sangria

(Answer: b) Lemon iced tea)

9. Which of the following best defines a “refreshment”?

- ☐ a) A heavy meal
- ☐ b) A light food or drink to rejuvenate
- ☐ c) A warm drink served after dinner
- ☐ d) A frozen dessert

(Answer: b) A light food or drink to rejuvenate)

10. What is one common way people observe National Refreshment Day?

- ☐ a) Baking cakes
- ☐ b) Hosting ice cream parties
- ☐ c) Enjoying cold beverages outdoors
- ☐ d) Fasting for the day

(Answer: c) Enjoying cold beverages outdoors)

11. Which beverage is most commonly used to cool down in summer?

- ☐ a) Coffee
- ☐ b) Milk
- ☐ c) Soda
- ☐ d) Water

(Answer: d) Water)

12. What kind of drinks are typically promoted as “refreshing”?

- ☐ a) Warm and thick drinks
- ☐ b) Cold and light drinks
- ☐ c) Bitter and heavy drinks
- ☐ d) Hot caffeinated drinks

(Answer: b) Cold and light drinks)

13. What is one health benefit of drinking refreshing beverages?

- ☐ a) Raises body temperature
- ☐ b) Aids hydration

- o c) Causes drowsiness
 - o d) Increases sugar levels
- (Answer: b) Aids hydration)

14. Which of these can be considered a summer refreshment?

- o a) Herbal tea
 - o b) Green smoothie
 - o c) Spicy broth
 - o d) Hot cider
- (Answer: b) Green smoothie)

15. Where can you typically find promotions for National Refreshment Day?

- o a) Pharmacies
 - o b) Bookstores
 - o c) Beverage brands and restaurants
 - o d) Auto repair shops
- (Answer: c) Beverage brands and restaurants)

