

SESSION 1: Caffeinated & Energy Drinks | First Thoughts

What caffeinated brand drinks can you think of?
(How much do they cost?)

Why do you think people drink 'energy drinks'?

One positive thing about energy drinks could be...

Three reasons why children should not drink energy drinks could be...

- 1.
- 2.
- 3.



SESSION 1: Caffeinated & Energy Drinks

What about 'energy' drinks?

Big promises

Energy drinks and nutrition bars often make big promises. Some say they'll increase energy and alertness, others offer extra nutrition, and some even claim to boost your athletic performance or powers of concentration.

But once you cut through the hype and look past the flashy packaging on energy products, chances are what you're mostly getting is a stiff dose of sugar and caffeine.

What is caffeine?

Is it natural or man made?

Caffeine occurs naturally in plants like tea, coffee and cocoa. It is added to some medicines to help the body absorb them, and also to some drinks and confectionery.

What does it do?

At its simplest, it can prevent drowsiness and increase alertness.

So why is it used?

Risks

If too much caffeine is used, it might impact on:

- Sleep
- Anxiety levels
- Mood swings
- Withdrawal

What can be the knock on effects of each one - both in and out of school?

3 things you discovered today

From the information on caffeine - write down 3 things you found out today!
If you knew it all already - write down 3 facts about caffeine!

- 1.
- 2.
- 3.