

SESSION 2: What do you know about energy drinks?

ENERGY DRINKS: SIDE EFFECTS AND RISKS

Thinking starter:

What side effects and risks might a person be taking when they drink these products?



How should caffeine be categorised as?

ingredient supplement drug

How is it consumed?

Exercise

Using the examples given, rank each product according to the amount of caffeine you think it contains

(Highest to lowest)

- | | | |
|----------------------------|---------|-------|
| Mug filter coffee | 1. | 160mg |
| Energy drink 'shot' | 2. | 140mg |
| Milk chocolate bar | 3. | 100mg |
| Mug tea | 4. | 80mg |
| Small energy drink | 5. | 80mg |
| Can of cola | 6. | 75mg |
| Plain chocolate bar | 7. | 50mg |
| Large energy drink | 8. | 40mg |
| Mug instant coffee | 9. | 25mg |



SESSION 2: How much is 'healthy'?



HOW MUCH IS
'HEALTHY'?

Find out the recommended UK 'healthy' amounts for:

Exercise

Eating fruit
and veg

Alcohol
consumption

Are there differences for adults and children?

Find out if there are similar guidelines for caffeine...

No UK guidelines

Is this important?

Canada recommends no more than:

45mg / day for 4-6 yr olds

62mg / day for 7-9 yr olds

85mg / day for 10-12 yr olds

100mg / day for adolescents

(Go back to the sorting exercise)

What does 100mg of caffeine mean in reality?

How easy is it to go over this?

Caffeine

Should the UK have more information on caffeine content in some products?