

## SESSION 4: Be creative!

You are going to develop your own **ENERGY** drink – but without the chemicals and side effects! Think about natural products that give you energy and are healthy!

Write a list of ingredients you consider **HARMLESS**:

- 1.
- 2.
- 3.
- 4.
- 5.

Write a list of ingredients you consider **UNHEALTHY**:

- 1.
- 2.
- 3.
- 4.
- 5.



**NEXT,  
THINK ABOUT  
YOUR NEW  
DRINK!**

**STEP 1:** What are the key natural ingredients?

**STEP 2:** Name your new drink:

**STEP 3:** Packaging and marketing ideas:

**STEP 4:** Who would you target, how, and why?

## SESSION 4: Get going!

Now create a poster advertising your new drink for teenagers!

