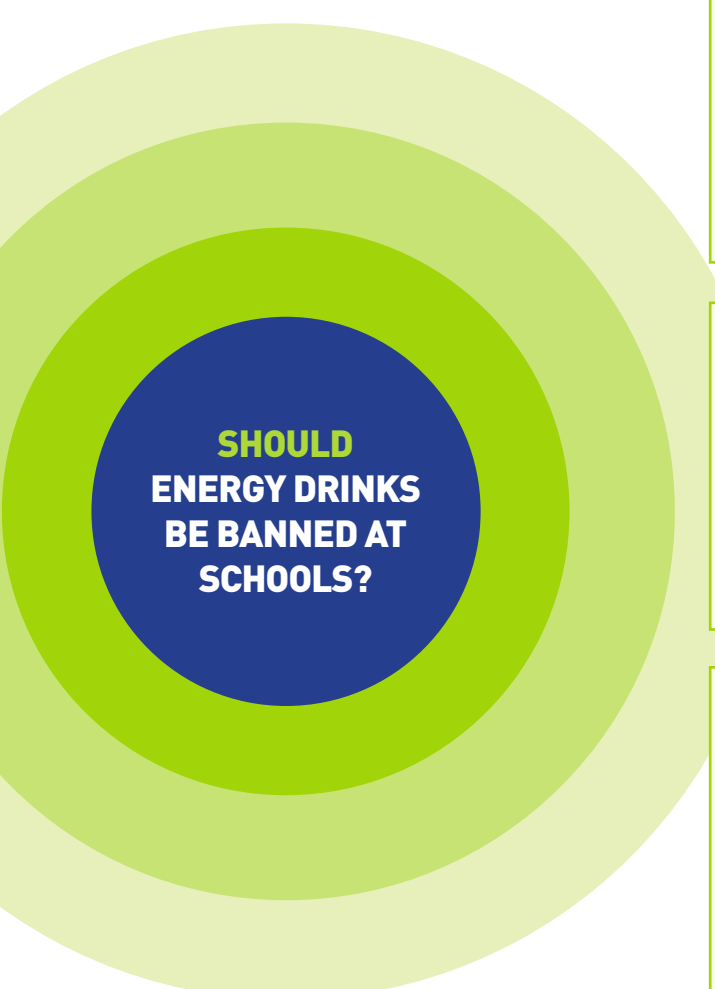


## SESSION 5: Should energy drinks be banned at schools?



### SHOULD ENERGY DRINKS BE BANNED AT SCHOOLS?

Why do you think energy drinks are banned in school?

What do you think the main reasons are for companies to target teenagers/children when selling energy drinks – don't they have enough energy?

Is there a difference between an 'energy' drink and a 'sports' drink?

Do you know the sugar content of an energy drink – what does this tell you?

Give two examples of what could happen if someone has an energy drink 10 minutes before a lesson:

### American research

(where caffeinated drinks are more common)

American research has shown that caffeinated drinks are particularly harmful for children and teenagers (under age 19). They have caused:

- Diabetes
- Heart problems
- Seizures
- Several teen deaths each year in the US.

## SESSION 5: Should energy drinks be banned at schools?

Give two examples of what could happen if someone has had an energy drink 2 hours ago and they now have a lesson:

What is your opinion on a ban on energy drinks in school?

### Discussion & debate task

In groups of 4-6 you are going to discuss the following:

Should caffeinated drinks be made illegal?

Should laws be put in place to ensure they are not sold to under 18s?

Should the risks involved be clearly advertised (like cigarette packs)?

What is your opinion on caffeinated drinks?