




Energy Drinks




Name : _____ Date: _____ Period: _____

1. Why do people usually buy energy drinks? Increase _____ and enhance _____
2. What is in energy drinks? Caffeine, added sugars and _____
3. Is caffeine amount listed on food labels? _____
4. What did you find interesting in the "Are Energy Drinks Really that Bad?" video.
5. What are some of the danger of energy drinks? Dehydration, irregular _____ & heart failure, anxiety and _____
6. Academy of Pediatrics recommends that adolescents get no more than _____ milligrams of caffeine a day.
7. Can you die from too much caffeine? _____ What surprised you about the video?
8. Who buys the most energy drinks in the United States? _____ What ages? _____
9. What are the 4 reasons you should cut back or quit caffeine?
 - It has side _____
 - mixing it with _____ can be dangerous
 - they have other ingredients that are not _____ by the FDA
 - there is usually an _____ reason why your are doing it


Lasting energy doesn't come in a can...




Energy drinks can disrupt sleep at night and increase the chance of falling asleep during the day.

www.healthunit.com/energydrinks 

Physical activity & energy drinks don't mix...



Energy drinks before or during physical activity can cause muscle cramps, increased heart rate and vomiting.

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Alcohol & energy drinks don't mix...

Mixing energy drinks with alcohol may make you FEEL more alert and less drunk...

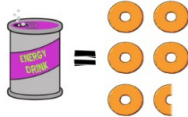


BUT the alcohol still affects you the same.

In Ontario, you must be 19 years of age to drink alcohol.

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You wouldn't eat this much sugar... so why drink it?



One energy drink can have as much sugar as 5½ large donuts.

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