



Introduction

Caffeine is controversial. Depending on who you ask, it can be viewed as positive or negative. Can it harm us or addict us? Or is it harmless and safe? How much is too much? Can kids have it? There are many questions surrounding this substance.

This unit will address them all. Why all the sudden interest in caffeine? Americans are consuming more caffeine in more forms than ever. Sales of caffeine-filled energy drinks are sky rocketing. Coffee shops are popping up on every street corner, selling coffee drinks in sizes that are bigger than ever.

Some over the counter pain relievers, medicines and supplements contain caffeine. An interest in drinking green tea and other teas for health benefits is developing. Coffee-containing snacks such as ice cream and chocolate-covered espresso beans are popular favorites. There is even caffeine-containing water, mints, and gum on the market in the United States.

What This Unit Contains

- Lecture material; overheads following the unit may be copied to enhance the lecture presentation
- Small group discussion questions
- Two activity worksheets
- Unit quiz

Lecture Outline

- I. Introduction to Caffeine
- II. How Caffeine is Used by the Body
- III. Caffeine and Health
- IV. Caffeine and Athletic Performance
- V. Caffeine Intake
- VI. Foods and Beverages the Contain Caffeine
- VII. Alternatives to Caffeine