

Dangers of Caffeine and Energy Drinks

Non-Fiction Article

PDF & Digital Formats



2 Peas and a Dog
Middle School Teaching Resources

RESOURCE INCLUDES

- Lesson Plan
- Teacher Instructions
- Individual PDFs for Google Drive
- Google Slides for 1:1 Schools
- Audio files of the articles
- Pre-reading K-W-L chart
- Non-fiction article (modified and regular text)
- 3 Post reading activities
 - ✓ Comprehension questions
 - ✓ Grammar questions
 - ✓ Long response writing

EXAMPLE PAGES

CAFFEINE & ENERGY DRINKS



Health Risks

Energy drinks can have as much as 8–10 teaspoons of sugar per can. With this mix of sugar and caffeine, energy drinks only give you a limited amount of energy before you crash. Drinking these drinks can cause headaches and sleep issues.

Using energy drinks while exercising is extremely dangerous because they should not be consumed with an increased heart rate (which is what happens when people exercise).

Heart Issues

Like most caffeinated drinks, energy drinks have an effect on your heart. Ingredients in these drinks can cause a rapid heart rate, increase in stress levels and blood pressure.

It is important to be aware that some people have gone into cardiac arrest after consuming energy drinks. Read food labels and be aware of the risks associated with energy drinks.

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K-W-L CHART

Topic:		
K	W	L
What do I already know about this topic?	What do I want to know about this topic?	What new things did I learn about this topic from the article?

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LESSON PLAN



Caffeine and Energy Drinks

Lesson Overview:

Students will work on their non-fiction reading skills while reading this article.

Materials Needed:

Photocopy a class set of the following or use the provided Google Slides version for 1:1 technology schools:

- K-W-L Chart
- Non-fiction article, regular or modified version (audio file also included)
- Comprehension questions, regular or modified version
- Thinking questions (select 1)
- Grammar questions (also available as a self-marking Google Forms Quiz)

Video

- Video #1 [What that energy drink can do to your body](#)

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LESSON PLAN

Caffeine and Energy Drinks

Lesson Overview:

Students will work on their non-fiction reading skills while reading this article.

Materials Needed:

Photocopy a class set of the following resources. Use the provided links.

Slides version for 1:1 technology schools.

- K-W-L Chart
- Non-fiction article, regular or modified version (audio file also provided)
- Comprehension questions, regular or modified version
- Link to questions (select 1)
- Grammar question also available as a self-marking Google Forms (link)

Video

- Video #1 [What that energy drink can do to your body](#)

K-W-L CHART

Topic:

K

W

L

What do I already know about this topic?

What do I want to know about this topic?

What new things did I learn about the topic from this article?

PREVIEW

CAFFEINE & ENERGY DRINKS



Health Risks

Energy drinks can have as much as 10 teaspoons of sugar per can. With a lot of sugar and caffeine, energy drinks only give you a limited amount of energy before you crash. Drinking these drinks can cause headaches and sleepless.

Using energy drinks while exercising is extremely dangerous because they should not be consumed with an increased heart rate (which is what happens when people exercise).

Heart Issues

Like most caffeinated drinks, energy drinks have an effect on your heart. Ingredients in these drinks can cause a rapid heart rate, increase in stress levels and blood pressure.

It is important to be aware that some people have gone into cardiac arrest after consuming energy drinks. Read food labels and be aware of the risks associated with energy drinks.