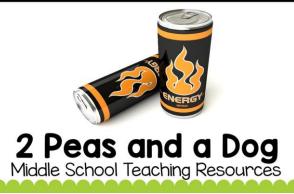
Dangers of Caffeine and Energy Drinks Non-Fiction Article PDF & Digital Formats



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 What do I already know about this topic? What do I went to know about this topic? What the I want to know about this topic? What now about this topic?

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 $1.1\ \text{technology}$ 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)
 Grapman questions (also available a
 - 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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K-W-L CHART

Topic:

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CAFFEINE & ENERGY DRINKS



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