

LESSON PLAN: Students complete Worksheet 1, Worksheet 2 and Caffeine Calculator.

ANSWERS

WORKSHEET 1:

1. Energy drinks, tea, coffee, coca cola, chocolate, energy bars containing caffeine etc.
2. Zoe's wants to fit in/look cool with friends who have a lot of caffeine. She wants to increase her energy level and alertness.
3. Unable to sleep, restless, need to urinate more, unable to relax, excessive talking, excited.
4. Yes. Can cause stomach upset, insomnia, negatively affect concentration, have a negative impact on mental health, (e.g. anxiety) and changes in mood.

WORKSHEET 2:

1. C
2. B
3. Soft drinks e.g. Mountain Dew and Pepsi. Energy drinks e.g. Red Bull, Monster. Sports Drinks e.g. Lucozade. Coffee, tea, cocoa, chocolate, kola nuts used in making coca cola.
4. A
5. B
6. C
7. True
8. You are caffeine tolerant when you need more quantities or more frequent doses of caffeine to get the same effects.
9. You are dependent when you need to keep having caffeine to ward off any negative withdrawal effects (e.g. headaches, difficulty in concentrating, irritability).
10. B