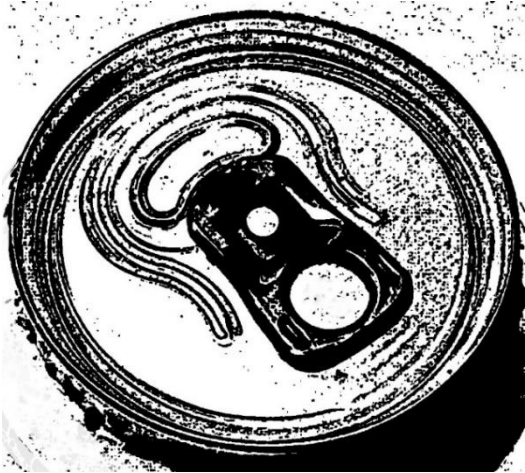


CAFFEINE WORKSHEET 2



NAME:

1. What is caffeine?
 - A An illegal substance
 - B An illegal stimulant
 - C A legal substance and a stimulant

2. Where does caffeine come from?
 - A The leaves, seeds or fruits of over 20 different plants
 - B The leaves, seeds or fruits of over 60 different plants
 - C The hooves and hair of over 25 different animals
3. Name three foods or drinks which commonly contain caffeine.
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4. How is your body affected by consuming caffeine?
 - A Your central nervous system is stimulated
 - B Your heart rate slows down
 - C Your blood pressure lowers
5. What are the side effects of too much caffeine?
 - A Feeling calm
 - B Feeling jittery and anxious
 - C Feeling sleepy

6. There is 80mg of caffeine in a 250ml can of energy drink. How much caffeine can you safely have in a day, if you are between 12-18?
- A About 2000mg per day
 - B About 200mg per day
 - C About 100mg per day
7. As time goes on the MORE caffeine you have the MORE you will need to get the same effect.
- A True
 - B False
8. What does it mean if you are caffeine tolerant?
9. What does it mean if you are dependent on caffeine?
10. If you are consuming too much caffeine, e.g. six energy drinks per day, what should you do?
- A Stop all your caffeine immediately
 - B Slowly reduce your caffeine, e.g. five energy drinks per day for two weeks, then four drinks per day for the next two weeks, and so on
 - C Quickly reduce your caffeine, e.g. one energy drink per day for two weeks, then stop all energy drinks