

Let us pray



Dear Creator of life,

Thank You for the gift of my body, mind, and spirit.
Guide me to make choices that nourish and
strengthen me each day.

Grant me the discipline to care for my health,
the wisdom to listen to my body's needs,
and the joy to move, rest, and eat in balance.

Help me release habits that harm me
and embrace those that bring energy, peace, and
vitality.

May my life be a reflection of gratitude for this
precious gift of health.

Amen.

ACCORDING TO THE NHS THESE ARE SYMPTOMS ASSOCIATED WITH THE CONSUMPTION OF SOMETHING. WHAT IS IT?

- **Caffeine overdose** (*which can lead to a number of symptoms, including palpitations, high blood pressure, nausea and vomiting, convulsions and, in some cases, even death*)
- **Type 2 diabetes** – as high consumption of caffeine reduces insulin sensitivity.
- **Neurological (brain) and cardiovascular (heart and nervous) system effects** in children and adolescents.
- **Sensation-seeking** behaviour.
- **Use and dependence** on other harmful substances.
- **Poor dental health.**
- Somewhat ironically, given their association with sportiness, **obesity.**

ANSWER: ENERGY DRINKS



WHAT ARE ENERGY DRINKS?

- Energy drinks are widely promoted as products that **increase alertness and enhance physical and mental performance.**
- Marketing targeted at young people has been quite effective.
- Next to multivitamins, energy drinks are the most popular dietary supplement consumed by American teens and young adults.
- Males between the ages of 18 and 34 years consume the most energy drinks, and almost one-third of teens between 12 and 17 years drink them regularly.



WHAT ARE ENERGY DRINKS MEANT FOR?

- **Energy drinks are drinks that specifically claim to provide an energy or stimulant boost, supporting mental alertness and/or physical performance.**
- These generally include active ingredients such as **glucose, caffeine or taurine**, and may include other ingredients positioned as beneficial to health, such as ginseng and various vitamins and minerals.

The energy drinks market divides itself into three distinct categories:

- **Refreshment** energy drinks provide physical energy through glucose or a range of sugars, as in Lucozade Original Energy.
- **Stimulant** drinks are designed to stimulate both mind and body, and typically claim to improve concentration, reaction time and endurance. Stimulant drinks typically contain active ingredients such as caffeine and taurine, and are non-alcoholic. The best-known example is Red Bull.
- **Energy shots** refers to what are usually more concentrated versions of refreshment/stimulant drinks, ie they typically retail in a 50ml bottle rather than in a can of between 250ml and 500ml.



IS THE ENERGY DRINK DIFFERENT TO SPORTS DRINKS?

- Sports drinks are drinks claiming to improve sporting performance or to speed up recovery.
- Most of these are labelled isotonic/hypotonic and claim to rehydrate and replenish essential nutrients that we lose through sweat after exercise.
- Examples include Lucozade Sport, Powerade and Gatorade.



WHAT IS CAFFEINE?

- **Caffeine is a natural stimulant most commonly found in tea, coffee and cacao plants** and pain relievers and other over-the-counter medications.
- It works by **stimulating the brain and central nervous system**, helping you to stay alert and preventing the onset of tiredness.
- **Most people get it from coffee, tea, soft drinks, energy drinks or chocolate.**



Coffee
beans



Cacao -
Chocolate



Tea
leaves

LESSON QUESTION: WHAT IMPACT DO JUNK FOODS AND ENERGY DRINKS HAVE ON OUR BODY?

IS DRINKING CAFFEINE GOOD OR BAD?

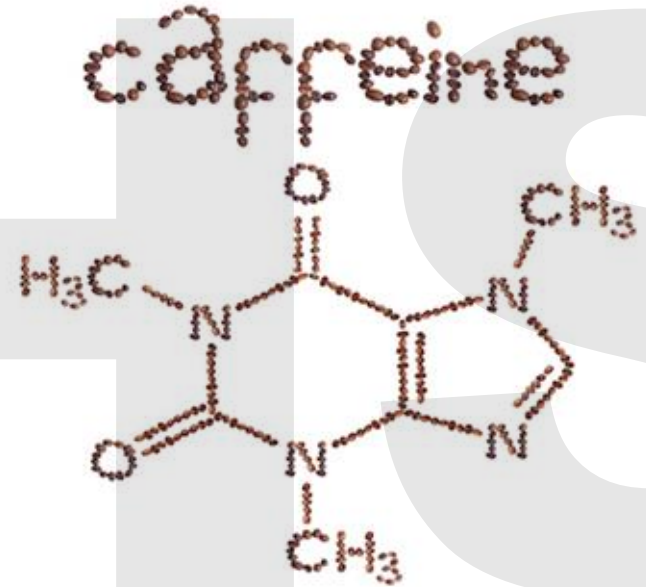


Discuss: What can you remember...

1. How much caffeine the recommended each day?
2. How do coffee and tea compare to energy drinks in one serving?
3. What does caffeine do to you?

SYMPTOMS OF CAFFEINE INTAKE

- **Large amounts of caffeine may cause serious heart and blood vessel problems.**
- Caffeine also may harm **children's still-developing cardiovascular and nervous systems.**
- Caffeine use may be associated with palpitations, anxiety sleep problems, digestive problems, elevated blood pressure, and dehydration.
- Guarana, commonly added to energy drinks, contains caffeine.
- Therefore, the addition of guarana increases the drink's total caffeine content.
- Young adults who combine caffeinated drinks with alcohol may not be able to tell how intoxicated they are.
- **Excessive energy drink consumption may disrupt teens' sleep patterns and may fuel risk-taking behaviour.**
- Many energy drinks contain as much as 25–50 g of simple sugars; this may be problematic for people who are diabetic or pre-diabetic.



Energy drinks



Main ingredients: caffeine and sugar

- Palpitations (heart skipping a beat or adds an extra beat)
- Shaking and tremors
- Restlessness and agitation
- Upset stomach
- Chest pains
- Dizziness
- Tingling or numbness in the skin
- Insomnia (inability to sleep)
- Difficulty breathing
- Headaches



nausea, vomiting, convulsions and kidney damage



Heart disease, cancer, depression

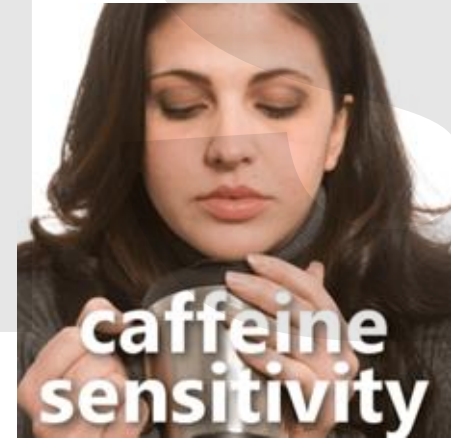
WHAT IS THE PROBLEM FOR TEENS?

Got the Jitters?

Many people feel that caffeine increases their mental alertness. Higher doses (*like those in 'energy' drinks*) of caffeine **can cause anxiety, dizziness, headaches, and the jitters**. Caffeine can also **interfere with normal sleep**.



Caffeine sensitivity (*the amount of caffeine that will produce an effect in someone*) varies from person to person. On average, **the smaller the person, the less caffeine needed to produce side effects**. Caffeine sensitivity is most affected by the amount of caffeine a person has daily. People who regularly take in a lot of caffeine soon develop less sensitivity to it. **This means they may need more caffeine to achieve the same effects**.



THERE'S MORE BAD NEWS...

Need the loo?

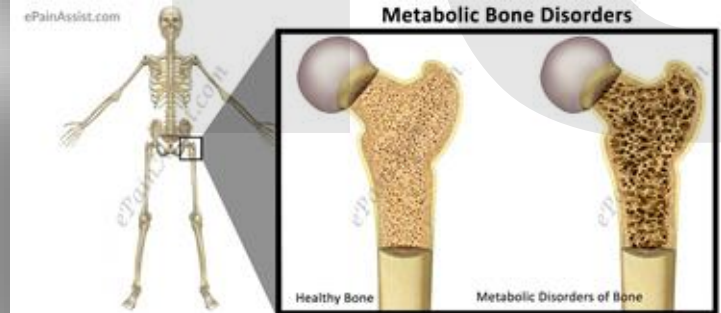
Caffeine is a diuretic, meaning it causes a person to urinate more. It's not clear whether this causes dehydration or not.

To be safe, it's probably a good idea to stay away from too much caffeine in hot weather, during long workouts, or in other situations where you might sweat a lot (so energy drinks are *not* what you need for exercise).

Fancy developing bone disease?

Caffeine also causes the body to lose calcium, and that can lead to bone loss over time.

Drinking caffeine-containing soft drinks instead of milk and milkshakes can have an even **greater impact on bone density and the risk of developing osteoporosis, particularly for developing bodies.**



AND THERE'S MORE...

- **Caffeine can aggravate certain health problems.** It may also interact with some medications or supplements. If you are stressed or anxious, caffeine can make these feelings worse. **Although caffeine is sometimes used to treat migraine headaches, it can make headaches worse for some people.**
- But consuming as little as 100 mg of caffeine a day can lead a person to become "**dependent**" on caffeine. This means that someone may develop withdrawal symptoms (*like tiredness, irritability, and headaches*) if he or she quits caffeine suddenly.



ACCOUNT FROM ONE MOTHER:

“I as a mother of two children was disgusted when my son came home from the shop at 7 years old with a can of Rockstar energy drink I immediately took it off him but damage was already done as he had drank most of it on the walk back. It contained 160mg of caffeine in this one can and caused him to become very distressed and agitated he had wide eyes and was shaking and very pale with a very fast heart rate. This is the effect of a drink that has a small warning on the back that says not recommended for children but it is still clearly available to them. The flashy design styles on these cans are aimed at teenagers and children same with the names. Just think would you give your child a cup of instant coffee which only contains 57 mg of caffeine?”

Discussion



In groups of 4-6 you are going to discuss the following:

- Should caffeinated drinks be made illegal?
- Should laws be put in place to ensure they are not sold to under 18s?
- Should the risks involved be clearly advertised? (like cigarette packs)
- What is *your* opinion on energy or caffeinated drinks?

