



# RE-THINK YOUR DRINK!

You don't need to get your kicks from an **energy drink** fix



## WORD ASSOCIATION / RAP BATTLE

**SESSION AIMS**

**TIME:** 50 minutes


For young people to;

- Gain an insight into the positive and negative aspects of energy drinks
- Express learning in a creative and competitive fashion

**RESOURCES:**

- Pre-prepared summary sheet with a selection of both negative and positive aspects of energy drinks. (Provided)


**ACTIVITY:**



Each participant is to be given a copy of the summary sheet to study for 5 minutes - allow 25 minutes to compose a rap song - participants can work in groups. These will then be performed in a 'rap off'

**EVALUATION AND SUPPORTING LEARNING:**

Participants to discuss the content of the rap. Scoring for the competition is to be based on the amount of different facts they are able to include in the rap. Key learning points





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from the session should be identified and a discussion should be facilitated to enable them to be summarised by the group.

