



RE-THINK YOUR DRINK!

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



Energy Drinks – A Journey around Your Body



SESSION AIMS:

TIME: 20 minutes


For young people to;

- Learn about the health effects energy drinks have on the body


RESOURCES:

- A set of numbered cards of 'elements' contained in a can of energy drink (Provided)
- A set of numbered cards with negative effects / symptoms on the body (Provided)
- An outline drawing of the human body (flipchart paper) and numbered stickers (post its)
- Fact and answer sheet (Provided)

ACTIVITY:



Hand out the numbered cards of 'elements' to the groups of young people. Place the numbered cards with 'negative effects/symptoms on the body' in the centre of the group. The objective is for the young people to decide which 'elements' from the energy drinks match the 'negative impacts on the body'. When a group decision has been made the numbered stickers should be placed on the outline of the human body.





RE-THINK YOUR DRINK!

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



EVALUATION AND SUPPORTING LEARNING:

Young people to compare their answers with the answer sheet. Encourage independent learning further research activity around caffeine and recommended intake levels. Key learning points from the session should be identified and a discussion should be facilitated to enable them to be summarised by the group.

