

ONE

Caffeine is a central nervous system stimulant & is the world's most widely consumed psychoactive drug. Unlike many other psychoactive substances, it is legal and unregulated in nearly all parts of the world.

Increased chance of heart attack, headaches.

Increased anxiety, insomnia

FACILITATOR'S CARD WITH ANSWERS

TWO

Calories are a measure of the amount of energy in food. Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use. Energy drinks contain between 5 & 10 teaspoons of sugar.

Obesity, increased risk of diabetes, high blood pressure

FACILITATOR'S CARD WITH ANSWERS

THREE

Most adults and children in the UK eat too much sugar. Cut down by eating fewer sugary foods, such as sweets, cakes and biscuits, and drinking fewer sugary drinks.

Erosion of teeth, vomiting, addiction

FACILITATOR'S CARD WITH ANSWERS

FOUR

Taking high amounts of niacin, or vitamin B3, may result in side effects. 14mg to 18mg of niacin are the recommended amounts per day for an adult. A niacin overdose - over 35mg per day (1 can of energy drinks) - may negatively affect your health in several ways.

Itching, dizziness, skin flushing, rapid heart rate

FIVE

Taurine was first discovered in the bile of bulls, and now produced synthetically. Since taurine is created naturally in the human body, a good diet supplies all you need.

Reduces anxiety symptoms associated with caffeine intake but as it effects your heart rate it can be harmful mixed with caffeine.

FACILITATOR'S CARD WITH ANSWERS

SIX

Ginseng has traditionally been taken to aid a number of medical conditions. However there remains little scientific research to back up how effective ginseng actually is.

May cause severe allergic reactions, rashes and itching

FACILITATOR'S CARD WITH ANSWERS