



# RE-THINK YOUR DRINK!

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

## KEEP CALM AND GAME ON

### BLOCKBUSTERS ENERGY DRINKS

#### Questions and Answers



**S**

What **S** is one of the main ingredients in energy drinks?

- **Sugar**

Which **S** describes the effects of some of the substances energy drinks have in them, they are also known as waker uppers?

- **Stimulants**

Which **S** is a physical problem that energy drinks can cause along with anxiety and can also be described as 'jitters' or a type of drink made of milk?

- **Shakes**



**HP**

What **HP** can young people experience after drinking lots of energy drinks it is related to caffeine stimulating the body and increasing the blood supply?

- **Heart Palpitations**



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**CO**

What **CO** could some young people experience after drinking an excess of energy drinks? CLUE – It is one of the main ingredients of energy drinks

- **Caffeine Overdose**

**R**

What **R** do young people think drinking energy drinks will help them do before their exams?

- **Revise**

**E**

What **E** is a type of sports promoted by energy drinks such as snowboarding?

- **Extreme**

**A**

What **A** is the kind of lifestyle that energy drinks promote?

- **Active**

What **A** is an emotional/mental health problem which can be caused by using energy drinks?

- **Anxiety**

What **A** is caffeine and a number of the other substances within energy drinks that can cause withdrawal symptoms?





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- 
- **Addictive**

Which **A** can mixing drinks with alcohol increase the risk of?

- **Accidents / Aggression**

**T**

What **T** is the equivalent number of cans of coke that contain the same amount of caffeine as a small can of energy drink?

- **Three**

What **T** is the number of slices of cheesecake which has the same amount of sugar as a small can of energy drink?

- **Two**

What **T** is an ingredient in energy drinks that is often wrongly thought of as bull sperm?

- **Taurine**

**M**

Which **M** is a drink that would be better for your teeth than an energy drink?

- **Milk**

**SH SC**

What **SH & SC** is the feeling that young people may experience as a result of drinking lots of energy drinks? CLUE – relates to one of the main ingredients of energy drinks



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- **Sugar High and Sugar Crash**

**D**

What **D**, which is fatal has reportedly been related to excessive energy drink use?

- **Death**

**O**

Which **O** can be caused by drinking too many energy drinks?

- **Obesity**

**H**

What **H** is the place more and more young people are being admitted too because they are drinking too many energy drinks?

- **Hospital**

**WAD**

What **WAD** is the term experts are using to describe the state young people get in when drinking too much alcohol and energy drinks?

- **Wide awake drunk**

**F**

What **F** can you people get involved in if they drink too many energy drinks and feel more aggressive?

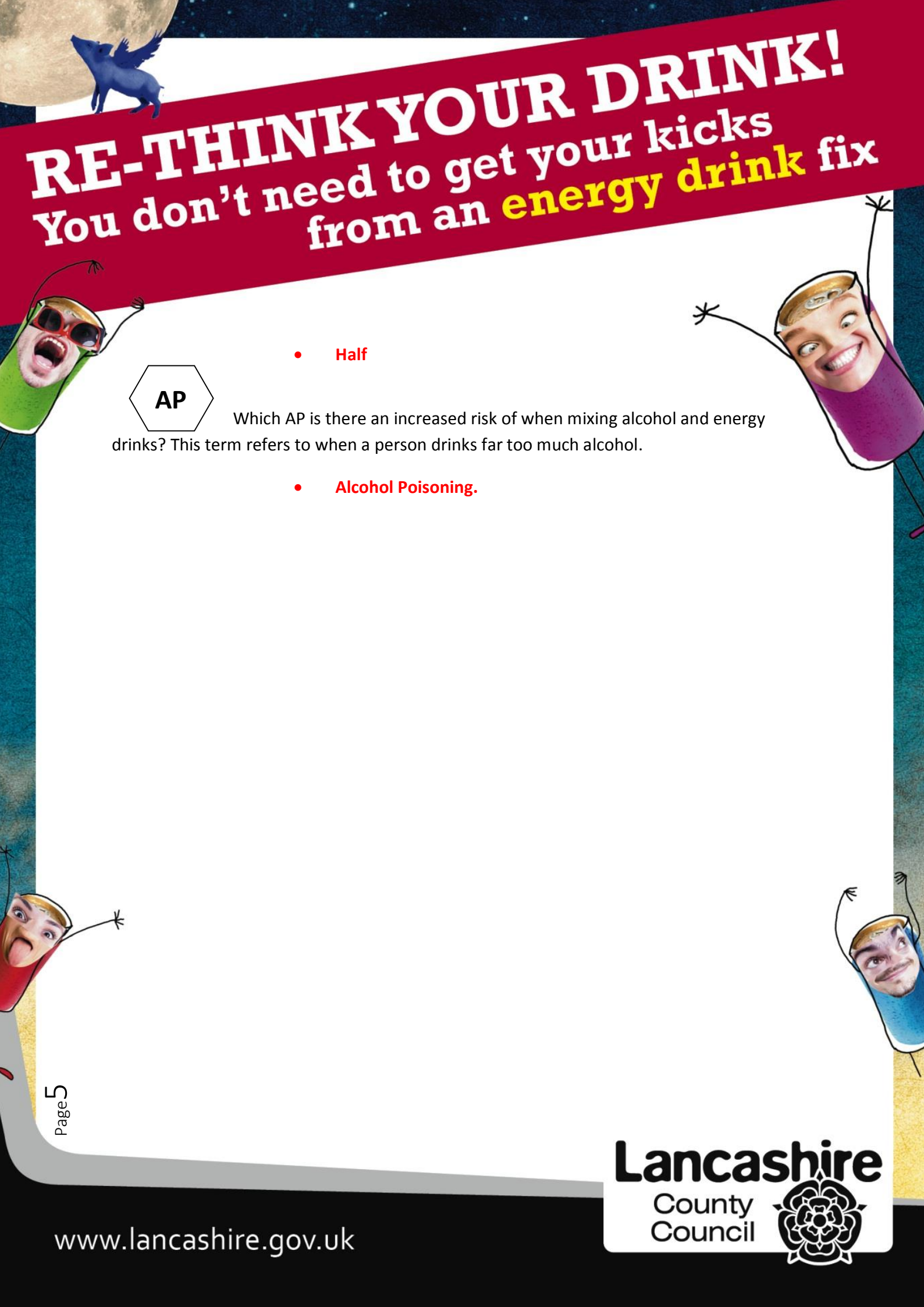
- **Fight**

**H**

Which **H** is the amount of young people surveyed in Lancashire admitted that they mix energy drinks with alcohol?







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AP

- **Half**

Which AP is there an increased risk of when mixing alcohol and energy drinks? This term refers to when a person drinks far too much alcohol.

- **Alcohol Poisoning.**