

100

100

Variation B

True or False:

It's safe for teens to drink 400 milligrams of caffeine each day.

Answer: False

Variation B

True or False:

It's hard to know how much caffeine is in a drink because it's not required to be on the label.

Answer: True

100

200

Variation B

**True or False:
Drinking caffeine regularly
can help bones store calcium.**

Answer: False

Variation B

**After drinking 1 energy drink,
how long can the caffeine stay
in your body?**

Answer: Up to 12 hours

200

200

Variation B

Some energy drinks contain as much caffeine as ___ to ___ cups of coffee.

Answer: 4 to 5 cups (up to 500 mg)

Variation B

How much water is ideal for teens to drink each day?

Answer: 6 to 8 cups

300

300

Variation B

Name 2 negative effects of drinking too much caffeine.

Accept any 2 of the following responses:

- **Irregular heart beat**
- **Increased blood pressure**
- **Feeling jittery and/or anxious**
- **Interferes with sleep**

Variation B

How does drinking too much caffeine lead to osteoporosis?

Answer: It pulls calcium from the bones (also accept 'people who drink caffeinated beverages may not drink enough milk')

400

500

Variation B

Besides caffeine, name 2 additional ingredients in energy drinks that can also give you a buzz.

Answer: Guarana, Taurine, and/or Sugar

Variation B

What two systems of the body can be harmed if a teen has excessive caffeine consumption?

Answer: Cardiovascular and nervous systems

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