True or False: It’s safe for teens to drink 400 milligrams of caffeine each day.

Answer: False

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
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
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’)
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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