



Teacher Resource

Energy Drinks

Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. Have you ever tried an energy drink before? If so, what made you want to try it. Explain your answer.
2. What do you think makes energy drinks appealing to teenagers?
3. How do energy drinks affect our health?
4. Why is caffeine not recommended for young people?
5. What are some of the side effects of caffeine?
6. Do you think energy drinks should be banned for under 18s in Australia?
Give reasons for your answer.

Activities

- Research the effects of caffeine on the human body. Create a public awareness campaign educating young people about the health problems associated with large amounts of caffeine consumption. Present the campaign in a way that's creative and interactive.
- '*Energy drinks should be banned for under 18s*'. In small groups, decide whether you agree or disagree with the statement. Brainstorm your reasons and present your debate to the class, on a slideshow presentation or as an advertisement poster.
- '*Energy drinks should be banned for under 18s*'. Write an essay about whether you agree or disagree with this statement.

EPISODE 38

31st of July 2024

KEY LEARNING

Students will explore the dangers of energy drinks and develop an argument for or against these drinks being banned in Australia for under 18s.

CURRICULUM

[Health and PE – Years 9 and 10 \(v8.4\)](#)

[Health and PE – Years 9 and 10 \(v9.0\)](#)