



Teacher Resource

Prime Energy Drink

Focus Questions

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

1. Which famous YouTubers are the face of Prime Energy?
2. How are people in Australia purchasing the energy drink?
3. Why is caffeine not recommended for young people?
4. What are some side effects of caffeine?
5. Do you think Prime Energy should be banned in Australia? Give reasons for your answer.

Activity: Pre-viewing questions

Before watching the BTN Prime Energy Drink story facilitate a class discussion using the following questions to get the discussion started:

- What is an energy drink?
- Who drinks energy drinks?
- How do energy drinks affect people?
- Have you heard of Prime Energy drink? What do you know about it?

Activity: Class Discussion

After watching the BTN Prime Energy Drink story students will reflect on the story and then respond to the following:

- What do you THINK about what you saw in the BTN story?
- What did you find surprising or interesting about the story?
- Think of three questions you have about the BTN Prime Energy Drink story.
- Why do you think BTN covered this story?
- How do energy drinks affect our health?



EPISODE 5

7th March 2023

KEY LEARNING

Students will look at the effects of caffeine on the human body and develop an argument for or against Prime energy drink being banned in Australia.

CURRICULUM

Health and PE – Years 3 & 4

Identify and practise strategies to promote health, safety and wellbeing.

Discuss and interpret health information and messages in the media and internet.

Health and PE – Years 5 & 6

Plan and practise strategies to promote health, safety and wellbeing.

Health and PE – Years 7 & 8

Investigate and select strategies to promote health, safety and wellbeing.

Evaluate health information and communicate their own and others' health concern.

Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities.

Activity: Glossary

Students will brainstorm a list of key words that relate to the BTN Prime Energy Drink story. Here are some words to get them started.

ENERGY DRINK	STIMULANT	SIDE EFFECTS
CAFFEINE	LEGAL LIMIT	MARKETING


Activity: Questions to Research

Discuss the information raised in the BTN Prime Energy Drink story. What questions were raised in the discussion and what are the gaps in students' knowledge? The following KWLH organiser provides students with a framework to explore their knowledge on this topic.

What do I <u>k</u> now?	What do I <u>w</u> ant to know?	What have I <u>l</u> earnt?	<u>H</u> ow will I find out?

Students will choose one of the questions below to explore in more detail.

- What is caffeine?
- What foods contain caffeine? Make a list.
- What are energy drinks?
- What are the effects of caffeine on the body? What are the immediate and long-term effects? Which parts of the body are affected?
- Is there a safe level of caffeine to consume?
- Why is caffeine not recommended for young people?



Create a public awareness campaign educating young people about the health problems associated with large amounts of caffeine consumption.

Activity: Persuasive Text

Students will explore the issues raised in the BTN Prime Energy Drink story and then develop a persuasive text for or against the following statement: *'Prime Energy Drink should be banned in Australia'*. Students need to weigh up the pros and cons of the issue then write a short persuasive argument using the following as a guide.

Some issues to consider are:

- What is caffeine?
- What are the effects of caffeine on the body?
- Why is caffeine not recommended for young people?

Tips

- Who is your audience? For example, are you directing your argument at kids, teachers, or politicians?
- Explore how language choices can have a big impact on persuading your audience.
- Which language devices give the report credibility and authority?
- Which are designed to create an emotional response in the listener?
- Provide facts and evidence to support your argument.
- Write in the present tense.
- Check your spelling and punctuation.

Use this *Read Write Think* [persuasion map](#) to plan your exposition text.

Introduction

- What is the point you are trying to argue?
Construct an introductory paragraph which states the issue or topic.
- Introduce the arguments that will be developed in the body of the text.

Body

- Construct arguments that support your point of view.
- Each paragraph starts with a topic sentence which introduces each point.
- The rest of the paragraph gives more reasons.
- Arguments can be ordered from strongest to weakest.

Conclusion

- Restate your position on the argument.
- Construct a concluding paragraph that provides a summary of your arguments and a call to action.

Reflection

- How difficult was it to think of points to support one side of the argument?
- Do you think you would have done a better job supporting the other side of the argument?
- Was I able to convince others of my opinion?
- What did you learn from this activity?

Activity: Energy Drinks Quiz

1. Which YouTubers are the face of Prime energy drink?

- A. PewDiePie and KSI
- B. Logan Paul and KSI
- C. Mr Beast and Logan Paul

2. Prime Energy can be purchased in stores in Australia.

- A. True
- B. False

3. What is a side effect of caffeine?

- A. Fast heart rate
- B. Headaches
- C. Anxiety
- D. All of the above

4. How much caffeine does a 335ml can of Prime Energy have?

- A. 50mg
- B. 100mg
- C. 200mg

5. Prime Energy drinks contain double the legal limit of caffeine.

- A. True
- B. False

6. Which sleep-inducing chemical does caffeine block?

- A. Adenosine
- B. Adrenaline
- C. Dopamine

Quiz Answers: 1B, 2B, 3D, 4C, 5A, 6A

Useful Websites

- [Energy Drinks](#) – BTN
- [Caffeine](#) – Better Health Channel