

## Activity 3. Caffeine Check (15 mins)

### Key Messages

- Some ingredients in sugary drinks other than sugar, such as acid and caffeine, can damage our health.

### Objectives

- To report how much caffeine is in drinks.
- To consider the effects of caffeine on their body.

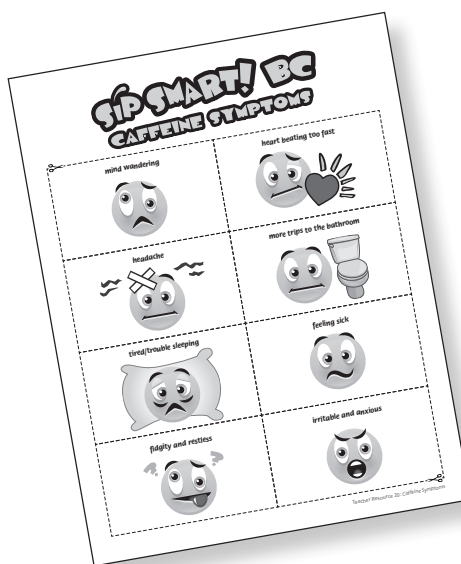
### Preparation

You need:

- Teacher Resource 20: *Caffeine Symptoms*, cut into cards
- Teacher Resource 21: *Caffeine Scenario*.

Also:

- Copy Handout 15: *Check the Caffeine!* for each student.
- Make an overhead transparency of Overhead 8: *Caffeine Report*.
- Find the data about caffeine intake from the last **Sip Smart! BC™** Drink Diary on the *Drink Diary Calculator*.
- Fill in Overhead 8: *Caffeine Report*.
- Review Background: *Caffeine* (page 113).



### The Punchline!

Think about the effects of caffeine on your body before choosing a drink that contains caffeine.

### Activity Tips

Health professionals suggest students aged 7 - 12 consume no more than 65 to 85 mg of caffeine each day.

One cup of coffee in an adult's body will have the effect of 4 cups of coffee in a student's body.

### Activity

Level 2

15 minutes

- Hand out cards from Teacher Resource 20: *Caffeine Symptoms* to different students. Ask those students to listen carefully to the story and "act out" the symptom when it comes up in the story.
- Read Teacher Resource 21: *Caffeine Scenario* to the class.
- Prompt a discussion using questions such as:
  - *How did Tom feel?*
  - *What drinks did he have?*
  - *Have you ever had similar experiences?*
  - *What would have been better choices for Tom?*
- Explain to students how caffeine affects the body.
- Distribute Handout 15: *Check the Caffeine!* and have students complete it.
- Use Overhead 8: *Caffeine Report* to show students' caffeine intake of the last **Sip Smart! BC™** Drink Diary

# SIP SMART! BC

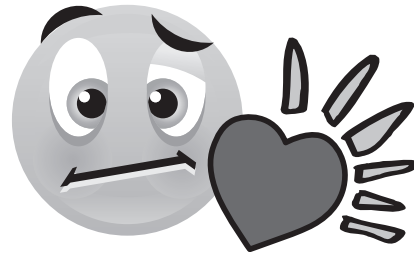
## CAFFEINE SYMPTOMS



mind wandering



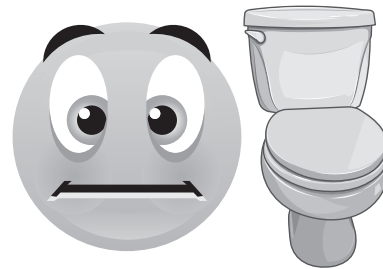
heart beating too fast



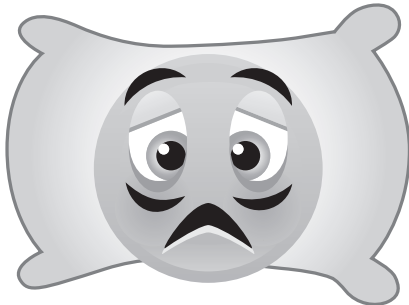
headache



more trips to the bathroom



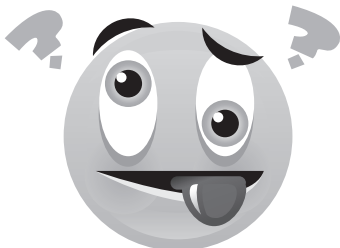
tired/trouble sleeping



feeling sick



fidgety and restless



irritable and anxious



Teacher Resource 20: Caffeine Symptoms

# SIP SMART! BC

## CAFFEINE SCENARIO

It is a hot and sunny day at the beach.  
Tom is thirsty and goes to the concession stand and buys a can of ICED TEA.  
It's delicious and refreshing.

He feels fit to play beach volleyball for another hour!

After an awesome game, he craves something to pick him up while cooling him down, so he buys a medium ICED COFFEE for the walk home.

Once at home, he remembers that he has a test in school tomorrow. He sits at his desk and starts reading. He notices his **mind wandering** and his **heart beating too fast**. He is getting a **headache**. He also has to **go to the bathroom** way more often than usual.

An hour later he feels **tired**, but he still has to study for the test. In the fridge he finds an ENERGY DRINK. He remembers that the commercial for this drink says that it wakes you up and gives you energy immediately. Exactly what he needs to focus on his studies!

Later, **feeling sick**, he decides to go to bed early. He feels **fidgity and restless**. The next morning he is **irritable** with his friends and **anxious** about just about everything.

### What happened?



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## CHECK THE CAFFEINE!

Name \_\_\_\_\_

Date \_\_\_\_\_

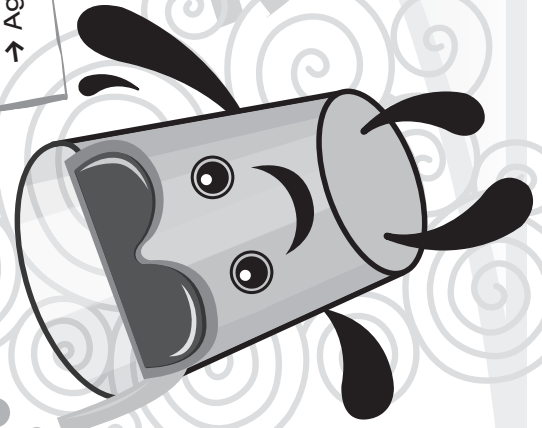
Drink	Serving size (mL)	Caffeine (mg)
Hot Chocolate	300 mL	8 mg
Cola	355 mL	40 mg
Iced tea	355 mL	25 mg
Root beer	355 mL	40 mg
Energy drink	500 mL	160 mg
Coffee (regular)	350 mL	186 mg
Coffee (decaf)	350 mL	4 mg
Iced coffee	500 mL	115 mg
Black or green tea	250 mL	30 mg
Tea (decaf)	240 mL	1 mg

How much caffeine did Tom drink?

Iced tea \_\_\_\_\_ mg  
 Iced coffee \_\_\_\_\_ mg  
 Energy drink \_\_\_\_\_ mg  
 TOTAL \_\_\_\_\_ mg

What is the maximum amount of caffeine that students can safely have in one day?

→ Age 7 to 12 years: \_\_\_\_\_ mg



Circle or highlight the drinks that you've tried before!



# SIP SMART! BC™

## CAFFEINE REPORT



	Caffeine
Caffeine from chocolate milk (7 mg/250 mL)	
Caffeine from cola (29 mg/250 mL)	
Caffeine from energy drinks (80 mg or more/250 mL)	
Caffeine from coffee (158 mg/250 mL)	
Caffeine from tea (30 mg/250 mL)	
How much caffeine did we consume?	

# COMPARE!

Maximum amount of caffeine recommended  
per student/day = 65 to 85 mg (7 to 12 years)

Number of students in class = \_\_\_\_\_

Maximum amount of caffeine  
recommended/class/day = \_\_\_\_\_



# Caffeine

Caffeine is a mildly addictive stimulant drug that stimulates the central nervous system and can cause side effects such as: irritability and restlessness, difficulty concentrating, and an increased need to urinate.

Caffeine occurs naturally in some drinks, (coffee, tea and hot chocolate) and is added to others (cola and energy drinks).

Nutrition labels rarely include the amount of caffeine contained in a food product.

Some of the ingredients indicating the presence of caffeine in a food or drink include: coffee or coffee beans, green or black tea leaves, guarana, yerba/yerba mate, and cocoa beans.

Health professionals suggest that children aged 7 - 12 get no more than 65 - 85 mg of caffeine each day, as even low levels of caffeine can affect most childrens' behaviour. Withdrawal symptoms may be felt by children consuming even small amounts of caffeine. Symptoms might include headaches, irritability and restlessness.

## References

Health Canada, *Caffeine in Food*, February 2012

