

WORDS

- **add** = to put into
- **although** = while
- **amount** = how much of something
- **anxious** = to be worried about something, nervous
- **avoid** = to stay away from
- **beverage** = a hot or cold drink, usually without alcohol
- **blood pressure** = the speed or power with which blood travels through your body
- **bloodstream** = the paths in your body that your blood moves through
- **boost** = to raise, to make go up
- **brain** = the organ inside your head controls how you think, feel and move
- **caffeinated** = a drink or food with caffeine in it
- **cause** = leads to
- **consume** = to take into your body
- **diabetes** = a very harmful disease in which too much sugar is in your body
- **disease** = illness
- **even though** = while, although
- **familiar** = well known
- **good condition** = good physical shape
- **harm** = danger
- **heart rate** = the number of times your heart beats every minute
- **include** = it has in it
- **increase** = to go up
- **mall** = very big shopping centre
- **on average** = usually, normally
- **once in a while** = sometimes, now and then
- **overdo** = to do too much of something
- **pace** = speed
- **produce** = make
- **protect** = guard, defend
- **raise** = to go up
- **respond** = react
- **scientist** = a person who does experiments in a lab
- **snack** = a small meal that you have
- **studies** = reports
- **wired** = to feel very active and excited
- **withdrawal symptoms** = the unpleasant feelings you have when you stop taking drugs, drinking coffee or stop smoking
- **worrisome** = it makes you worry a lot

You are drinking lots of cola at a party, when it suddenly hits. You are full of energy, you jump around, and you talk too fast. Later you can't fall asleep and the next day you're tired and feel awful. Does that sound **familiar**?

Most children already have a lot of energy, but kids who drink a lot of cola often end up even more **wired** than usual. The drink **includes** a lot of sugar but also a chemical that **produces** a lot of energy - caffeine.



Like cola, coffee is full of caffeine. That's why many adults drink it the first thing in the morning to help them wake up. The chemical is naturally found in tea, chocolate and hot cocoa. Because many people need this kick, food producers often **add** it to many other **beverages**, energy drinks and **snacks**. But is caffeine good or bad for us?



Some studies have shown that caffeine might help people **respond** to things more quickly. **Scientists** have found out that **caffeinated** coffee and tea can help **protect** your heart, **brain** and other organs from **disease**.

On the other hand too much caffeine can make people **anxious** and unable to sleep. This is **worrisome** because we need sleep to stay healthy. Caffeine may also **raise** your **blood pressure**, **increase** your **heart rate** and make you feel more stressed.

Love it or hate it, caffeine is hard to **avoid**. Coffee shops are all over the place, in city streets and **malls**. Machines offer coffee and cola at schools. **Even though** you can get caffeine-free coffee, tea and cola almost everywhere more than 80 % of adults in America **consume** caffeine regularly.

Caffeine **raises** the **amount** of sugar in your **bloodstream**, even if there is no sugar in your caffeinated drink. That's what gives you extra energy.

Taking caffeine away from regular users **causes withdrawal symptoms**, like headaches and sleepiness. It also makes them react more slowly. So when you give these people the caffeine that they need they do better and react more quickly.

Many athletes take caffeine to **boost** their energy. **Studies** show however that caffeine only helps those athletes who are in **good condition** already. In an experiment runners had to run at a very fast **pace**. **On average** they were able to run for about 32 minutes. After taking caffeine they ran 7 to 10 minutes longer.

Although caffeine may be good for world class athletes, it may **harm** the health of people who are overweight. In some people it may even lead to **diabetes**.

In the end a cup of coffee or a can of cola **once in a while** is okay, but don't **overdo** it !



1. Answer the questions

What is caffeine? _____

Name a few drinks that have caffeine in them? _____

What does caffeine normally do to you? _____

Why is it hard not to get into contact with caffeine? _____

What happens if you take caffeine away from regular users? _____

Why do some athletes take caffeine? _____

What kind of illness may caffeine lead to? _____

2. True or False

	T	F
All people react to caffeine in the same way.		
Caffeine may cause your blood pressure to go up.		
More than half of all Americans consume caffeine regularly.		
Caffeine can only be found in drinks.		
A lot of people drink coffee to help them wake up.		
Caffeinated drinks can be good for your brain and other organs.		
Athletes take caffeine to help them calm down before an event.		
In some cases caffeine can lead to diabetes.		

Key*True or False*

	T	F
All people react to caffeine in the same way.		✓
Caffeine may cause your blood pressure to go up.	✓	
More than half of all Americans consume caffeine regularly.	✓	
Caffeine can only be found in drinks.		✓
A lot of people drink coffee to help them wake up.	✓	
Caffeinated drinks can be good for your brain and other organs.	✓	
Athletes take caffeine to help them calm down before an event.		✓
In some cases caffeine can lead to diabetes.	✓	