

INSTRUCTIONS: GET THE FACTS ABOUT ENERGY DRINKS

Module 3: Topic 2

Duration	40 minutes
Required	One 250ml energy drink, one 250ml sugar-sweetened drink, one 250ml sports drink, three sheets of paper and a pen
Learning outcomes	Understand the differences between an energy drink, a sugar-sweetened drink and a sports drink in terms of sugar and caffeine content. Understand the impact sugar and caffeine can have on energy levels.
Preparation	Discuss how different types of drink contain different ingredients. Explain that some energy, sports and sugar-sweetened drinks can have very high sugar content. Explain that consuming too much sugar and caffeine can lead to significant health issues. From 11 years old upwards you should have no more than 30g/day of free sugar. Free sugar is any sugars added, sugar from honey and fruit juice, but does not include sugar from milk or whole fruit/veg. Explain that many energy drinks have very high caffeine content.

Instructions	<p>Start by asking:</p> <ul style="list-style-type: none"> • Do they know what energy drinks are? • Do they drink energy drinks? • When do they drink energy drinks? • Why do they drink energy drinks? • How often per week/day do they drink energy drinks? • How do energy drinks affect their energy levels? • Do they associate energy drinks with a better performance in sports? <p>Now ask the group why energy drinks can give them a short term energy boost. Prompt them to talk about sugar and caffeine. Show the group the three drinks. Ask them to find the sugar and caffeine content in each. Place each drink on a separate sheet and write the caffeine and sugar content next to each. Ask the group if they are surprised about the amount of sugar each contains. Next ask them to guess the number of sugar cubes in 250ml of the following energy drinks. Each sugar cube contains 5g of sugar.</p>
---------------------	---

Energy drink	Cubes of sugar per 250ml
Rockstar XDurance*	7
Monster Energy*	5.5
Red Bull	5.5
Tiger	5.5
Relentless Origin	5.5
Tesco Blue Spark	5
Emerge	5

* Sold as 500ml cans

Finally, ask the group if they can think of healthier drink options. The healthier options are milk, water and sugar-free or diet drinks.