Caffeine

Pre-reading
Questions:
- Do you like coffee, tea, or caffeinated pop?
- How do these drinks make you feel?

Definitions:
- Caffeine – a bitter white substance that makes the heart beat faster

Reading

Are you feeling tired? Is your energy level low? Maybe some caffeine is what you need! How about a cup of coffee or tea? Maybe you prefer Coke, Pepsi, or Mountain Dew? A piece of chocolate could energize you. Caffeine is found in all of these.

Do you drink caffeine? Many people do. In fact, many folks can’t wake-up in the morning without their cup of coffee! It has an energizing effect that makes them feel awake and alive. Caffeine makes people feel less tired.

Caffeine also keeps people awake. For some people, this is not a good thing. Many who drink caffeine have trouble sleeping at night. Nighttime users of caffeine are especially bothered by having trouble falling asleep.

Other people like that caffeine can help them stay awake at night. Late-night drivers and those that work the night-shift need to stay awake. However, doctors warn that no one should use caffeine in place of sleep. A healthy night’s sleep is very important for a healthy body.

Too much caffeine can be unhealthy. In fact, it can be very bad for you. Caffeine stimulates your heart. It makes the heart beat faster. Caffeine can raise your blood pressure. Too much of it may cause heart trouble. If you have a lot of caffeine, you may get jumpy or nervous. You may also get headaches.

If you think caffeine is bothering you, use less of it. You may also want to try decaffeinated drinks. These drinks have had the caffeine removed, or taken out.
Understanding

1. What food or drinks have caffeine? _____________________________________________
   _____________________________________________

2. What are some unhealthy affects of caffeine? ________________________________
   _____________________________________________

3. What does the word **decaffeinated** mean? __________________________________
   _____________________________________________

4. Why do some people like caffeine? __________________________________________
   _____________________________________________

5. What does the word **bother** mean? _________________________________________

6. How do you know if you have had too much caffeine? ________________________
   _____________________________________________

7. What does the word **stimulate** mean? ______________________________________
   _____________________________________________

Writing

Write about your use of caffeine. How are your experiences similar to or different from
those mentioned in the article?

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