

# The Truth About Energy Drinks

## Summary

In this lesson students will understand the potential adverse health risks associated with the consumption of energy drinks.

## Main Core Tie

Health Education II (9-12)

[Strand 5: NUTRITION \(N\) Standard HII.N.5](#)

## Materials

[Energy Drinks PowerPoint presentation](#)

(from the Utah County Division of Substance Abuse Prevention)

## Intended Learning Outcomes

Understand the importance of community education around energy drinks.

Describe and discuss potential adverse health risks associated with consumption of energy drinks.

Understand and identify particular ingredients and stimulants of energy drinks.

Identify marketing, placement and labeling strategies of alcohol companies within the community.

## Instructional Procedures

Setting the Focus (getting the lesson started)

Show the first slide and mention to the class that this lesson will focus on making healthy choices.

Strategies and Activities

Display the PowerPoint presentation and use the notes to direct the discussion.

Evaluation and Checking for Understanding

As a class, generate a list of healthy alternatives to energy drinks?

Suggest students do library or Internet research to answer the questions that arise from this discussion. Make those discoveries available to the class.

Use questions from the media literacy lesson to deconstruct energy drink advertising and media.

Use the brain lesson to understand and compare the highs and excessive crashes of excessive caffeine use.

## Authors

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