

Thanks for previewing!

The Dangers of Energy Drinks

Sub Plans for any Middle or High School Class



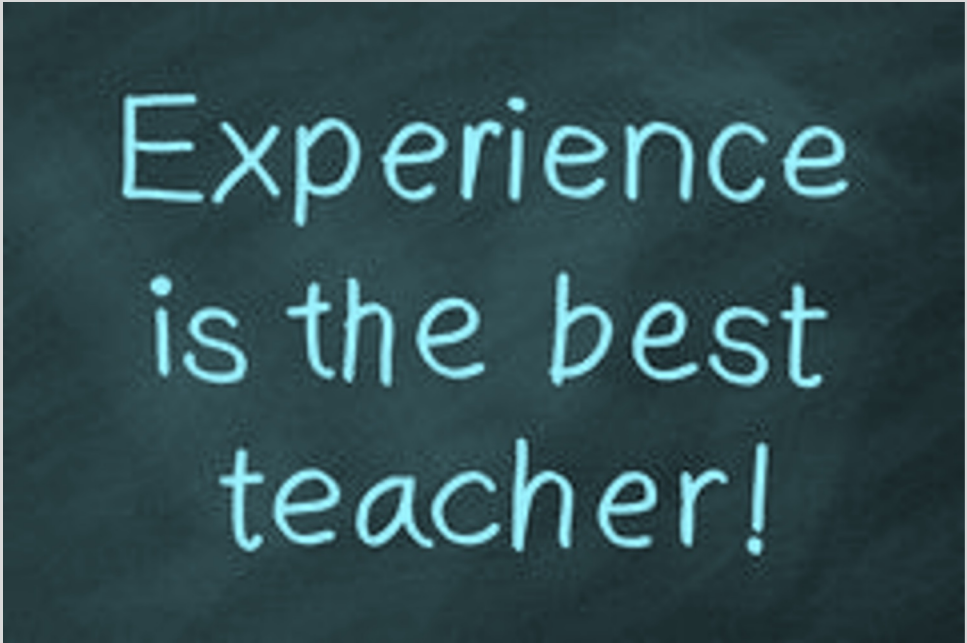
Health Education Today

**Energy Drinks
Sub Plans for
Middle and High
School**



1. This Program's Creator is a Qualified Teacher

◆ I am a **National Board Certified Teacher** with a **Master's of Education Degree** and I have many years **of experience** teaching Health.



Experience
is the best
teacher!

2. This Lesson Meets Educational Health Standards:

◆ It meets **3 of 20** National Common Core Standards.

(For Technical Subjects 9/10 Grade level)



It also meets **4** State Health Standards

◆ It meets **6 of 8** Health Standards
detailed “Performance Indicators.”



3.

The resource starts with teacher directions and lists the standards met.

Sub Plans for ANY High School Class Directions:

Dear Teacher:

These sub plans are intended to make it easy for you on the days you have a sub, to provide an impactful day for students, and an easy-to-implement day for your sub as well! Students will be working independently on this lesson and will need very little teacher instruction, and your students will learn about relevant topics, even while you're not there!

The "Energy Drinks Directions Packet"

The lesson is provided in both Word and I recommend using the PDF version.

NEW! Now on Google Drive: Please **website only**, copyright does not allow.

Student Worksheets:

<https://docs.google.com/presentation/d/1RX29vvitXxt2>

The websites students need to fill "Sub Directions." Due to copyright violation, I have made it easy to access and use.

You can now also have students complete the packet.

If your sub will be teaching in your class, please print this student packet on Energy Drinks and place it in your room ready to go. I have tips for printing:



Set Up/Additional Teacher Directions:

-Seating Charts are:

-To Take Roll:

-Keys/Heat/Room Directions:

-Particular Student Directions:

-Media Instructions: Online access is to:



National Health Standards Met²:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Common Core Standards Met: Reading 3, 4, and 7 (with Optional Grocery Store Scav. Hunt*)

~Leave a substitute with plans that will positively impact the lives of the teens you teach~

4. Complete lesson is now ON GOOGLE DRIVE!

NEW



5. The “Sub Plans” have step-by-step directions that are easy to follow. 2 amazing weblinks provide the data for your students!

Day of the Lesson Directions:

1. If the teacher hasn't printed items ahead of time for you, "Print the "Energy Drinks Directions Packet." Print 1 for each pair of students. *This will not be written on and can be re-used from year to year.*

Print the "Energy Drinks Worksheet" and turn it in.

Print the "Energy Drinks Worksheet" and turn it in.

2. Divide students into pairs and assign them to work on the worksheet.

3. Hand out the worksheet and have students work on it.

4. Students turn in their worksheets.

If you want a powerful link, go to <https://www.rockstar.com>

4. **OPTIONAL** Give students a minute to see if they can get a gram of sugar column (grams) and divide the amount of sugar. If you have a small baggie and can measure the sugar (from the Home Economics teacher).

Also be aware that where the sugar level is zero – the product is most likely sweetened with an artificial sweetener (such as aspartame or Splenda). And, even though some drinks like juices may count as a fruit serving and are healthier than soda pop, they still have a high content of sugar.

3. Be sure to read the "Reflection Section" below and follow the directions there to write one goal.

4. Just so you know and can visualize how much sugar these products actually have, one 24 oz. Mega Monster energy drink, for instance, has 20 teaspoons (or cubes) of sugar in it, and that's almost ½ cup of sugar!!



How Healthy Are You Eating?

Name: _____ Date: _____

To find out, take this True/ False quiz: (if it's

- ___ 1. I eat red meats (hamburger/steak/ham/pork)
- ___ 2. I limit my fast food meals to one per week or less
- ___ 3. I drink less than 24 ounces of pop per day.
- ___ 4. I eat 7 or less eggs per week.
- ___ 5. I sometimes have days when I don't eat.
- ___ 6. I bake or broil or BBQ my meat.
- ___ 7. I usually have at least one serving of fruit a day.
- ___ 8. I have at least one serving of vegetables a day.
- ___ 9. I limit my sweets to 75 calories a day.
- ___ 10. I steam my vegetables rather than fry them.

Energy Drinks Direction Packet

"Take care of your body.
It's the only place you
have to live." 25

"and Energy Drinks Directions {National
Common Core Reading Standards 3, 4}

Today is not an easy task. We are inundated with fast food, junk food snacks in grocery store aisles, vending machine choices, and even our gas stations are loaded

Although you may not have had detailed lessons on nutrition, you understand how much of each nutrient you should eat or exactly how to read a food label, the following healthy eating survey will help you see some of the main "rules" to follow for healthy eating. Each question

You will not be graded on this survey. If you do not know the answer, just write "I don't know."

After you take the survey, come back to this page and read further for the rest of the directions.

It's very easy to teach!

There is a "Student Packet" with "Worksheet" and "Survey" to print.



On the online websites, find the 5 drinks that have the **most caffeine and most sugar** in the categories below. Record your findings on the worksheet.

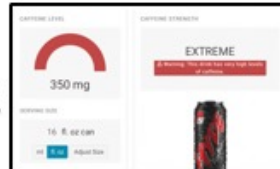
Caffeine Content of Drinks

YOU CLICK ON THE 3rd (mg)" column heading, sort from highest to lowest!

Caffeine	mg/oz	mg/100ml	mg/240ml
2	180	90.0	

Although this activity will help you see how many milligrams are in individual containers (teens will drink the whole container) but do not forget that some smaller containers might actually have more caffeine per fluid oz, but the container just doesn't look like it!

so click on the title to see more details about the



After you are finished writing in the caffeine and sugar content, do the "Reflection." Then, you will use the "How Healthy are you Eating Survey" and your "Energy Worksheet" which the teacher collects it at the end of class.

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Docs are *Editable* in Word and PDF!

6.

Activities:

Name(s): _____ Date: _____

Energy Drinks Worksheet

Resources Used: <https://www.caffeineinformer.com/the-caffeine-database>
<https://www.caffeineinformer.com/sugar-in-drinks>

1. Using the "Caffeine Content of Drinks" online chart, find the 5 drinks that have the **most caffeine** in each of the categories below.

Click on the category first, then IF YOU CLICK ON THE "Caffeine (mg)" column heading, they will sort from highest to lowest! Record your findings on the blank table below.



NOTE: Although this activity will help you see how many milligrams are in individual containers (and most teens will drink the whole container) but do realize that some smaller containers might actually have stronger mg per fluid oz, but the container just doesn't hold as much!

You can also click on the title to see more details about the drink:



Reflection/My Reaction NAME: _____ PER: _____



READ THE TWO PAGES OF INFORMATION BEFORE ANSWERING THESE QUESTIONS

1. List two dangerous/negative things you have learned about **caffeine**:

2. List two dangerous/negative things you have learned about **sugar**:

3. List one reason energy drinks are tempting for teens :

4. Some healthy ideas to do (or food items to choose) instead of drinking too many energy drinks are:

5. Set one goal for yourself about either limiting caffeine or sugar. Use a specific number in your goal, such as the number of cups, # of cans, # of days per week you'll allow yourself a dessert, etc. (If you already have healthy habits in regards to caffeine and sugar, your goal can be to "continue" and just say what you are doing right.)

6. How likely is it that you will actually try to meet the goal you wrote in Question #5? Circle 1:

Not likely Somewhat likely Pretty likely Very likely

Product/Category Name of the 5 that have the highest amount of Caffeine per Container?	Mg. of Caffeine:	Product/Category Name of the 5 that have the highest amount of Sugar per Container?	Grams of Sugar:
Energy Drinks Name:		Energy Drinks Name:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Energy Shots Name:		Energy Shots Name:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Soda Pop Name:		Soda Pop Name:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Coffee Name:		Coffee Name:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Tea Name:		Tea Name:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	



KEY: KEY: KEY: KEY: KEY: KEY: KEY:

Product/Category Name of the 5 that have the highest amount of Caffeine per Container?	Mg. of Caffeine:	Product/Category Name of the 5 that have the highest amount of Sugar per Container?	Grams of Sugar:
CLICK ON CATEGORY:		CLICK ON CATEGORY:	
Energy Drinks Name:		Energy Drinks Name:	
Hyde Xtreme	400	Mega Monster Energy Drink	81
BreinFuel	360	Rip It Energy Drink	66
Spike Hardcore Energy	350	Rockstar Boom	66
Wired X344 Energy Drink	344	Joker Mad Energy	64
Loud Energy Drink	320	Beaver Buzz Energy Drink	63
Energy Shots Name:		Energy Shots Name:	
Neu Nootropic Shot	350	Balance Energy Shot	15

7.

Here are some Optional Follow-Up Activities for the teacher when you return to class:

Name: _____ Date: _____

Score: ____/32

Grocery Store Scavenger Hunt

1. Find your favorite candy bar. Write the following:

Name: _____ Calories: _____ Fat: _____ Sugar grams: _____

2. Now find another candy you still like, but one that has less calories or fat, list this "healthier" candy: (remember, it's all about choices!)

Name: _____ Calories: _____ Fat: _____ Sugar grams: _____

Find 3 different kinds of yogurts:

Name: _____ Serv. size: _____ Calories: _____ Fat: _____ Sugar grams: _____

Name: _____ Serv. size: _____ Calories: _____ Fat: _____ Sugar grams: _____

Name: _____ Serv. size: _____ Calories: _____ Fat: _____ Sugar grams: _____

4. Go to frozen pizza section. Compare 3 brands of frozen pizzas:

Name: _____ Serv. size: _____ Calories: _____ Fat: _____ Sodium: _____

Name: _____

Name: _____



6 articles!

abc 32/40 NEWS NEWS WEATHER CORONAVIRUS I-TEAM CHIME IN W

16-year-old's death linked to energy drink, caffeine products

by Cynthia Gould | Monday, April 16th 2018

Some teenagers unaware of how dangerous large amounts of caffeine can be for the heart

"We said we loved him when we sent him off to school that morning, but we never saw him again alive," recalls Heidi Cripe of the day her son Davis died. "Everyday we think about Davis. It's still heartbreaking, a lot of tears."

16-year-old Davis Cripe collapsed at high school in South Carolina after witnesses say he drank a Mountain Dew, a coffee, and an energy drink, all within 40 minutes.

11 optional video links!

-Foods high in sugar are: **pop**, flavored drinks, energy drinks, juice, sweet desserts, cookies, candy, **breakfast cereal**

WARNING: sugar is sometimes hidden!!!

Check your food labels for these words...

Fructose **Honey** **Lactose**
Corn syrup **Sucrose**
Molasses **Maltose** **Galactose**



Sugar is Killing Us

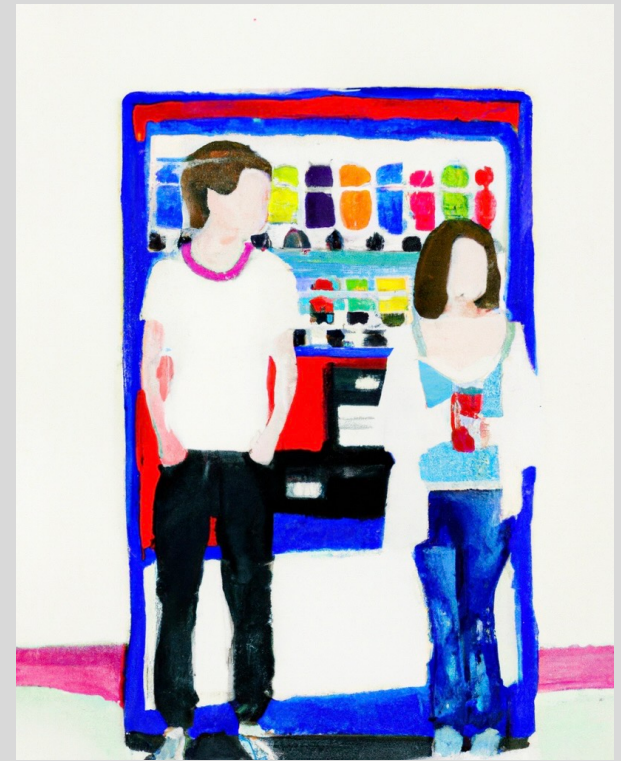


8. This Program is all About the Students...

◆ The program is classroom and “**kid-tested**,” teacher-approved, and full of real student examples and responses.

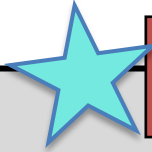
◆ It promotes **high student engagement and interaction!**

◆ This lesson **challenges and touches the lives of teens!**



~Leave a substitute with plans that will positively impact the lives of the teens you teach~

9. Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoint, and the directions tell you exactly to say!!
- ◆ **Documents are editable** and docs are included in both Word and PDF formats.



About the Author:



- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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Works Cited:

Owl and Yosemite Photos by me.

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards From:

<http://www.p12.nysed.gov/ss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

Photos From:

<https://labs.openai.com/>

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