

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

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

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

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

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

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

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

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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?
