

Lesson 2: Energy Drinks & Sports Drinks

Scenario Cards

I do a lot of athletics in the summer terms and I find I'm really struggling for energy during training. Should I try using sports drinks?

I don't feel hungry in the morning so I skip breakfast but usually grab an energy drink on the way to school. So why am I still tired?

I want to do well in my GCSEs so that means studying quite late at night. Would an energy drink help me study for longer?

My friends have invited me for a kick about in the park after school. I want to play my so should I buy a sports drinks like all the footballers have?

I usually buy an energy drink on the way to school but I've noticed my heart starts beating really fast afterwards. I can't work out if it's nerves or the drink. What do you think?

Everyone says I should drink more water but water tastes really boring. What's the harm in getting water in the form of energy drinks?

I'm just getting over the flu but I still get tired so I've been buying energy drinks to help me feel better. Should I keep buying them or try something else?

My local shop has a special offer on energy drinks and you can get loads for a couple of pounds. If bottled water and juice is better for you then why are they more expensive?

Energy drinks really help my moods and make me feel more relaxed. What's the harm in that? Nobody wants me being moody all day!

All my friends drink energy drinks and they seem okay. I like the taste and the sugar burst so what's the harm?

My mum won't let me buy energy drinks but she can't function without the caffeine in her coffee! What can I say to her to let me buy energy drinks?

The dentist said I need to cut down on sugar because I had to have a couple of fillings. I don't want to stop drinking energy drinks because I like them so what can I do?