



# Energy Drinks



## Information About Me

**Gender (Circle One):** Male    Female

**Grade:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Are you part of a Military Family? (Circle One):** Yes    No

**Number of Years in 4-H:** \_\_\_\_\_

**Race & Ethnicity (Circle all that apply):** White    African-American or Black    Asian    American Indian    Pacific Islander    Hispanic ethnicity

Answer the questions below by putting an "X" in the box.

**Because of the lesson on Energy Drinks .....**

Strongly Disagree

Disagree

Agree

Strongly Agree



I learned how much marketing is important when selling a product.

I understand how caffeine can have negative effects on a person.

I know the difference between energy drinks and sports drinks.

I can identify alternative ways to get energy.

I have a better understanding of the effects of drinking energy drinks.





# Energy Drinks



## Vocabulary

**DRAW A LINE** from each word to the correct definition.

Marketing	<b>A.</b> A stimulant of the central nervous system.
Caffeine	<b>B.</b> A substance that makes you pee more.
Carbohydrate	<b>C.</b> A drink that contains caffeine and sugar to make you feel more energized.
Energy Drink	<b>D.</b> Promoting a product or service.
Diuretic	<b>E.</b> A molecule that can help increase energy.

## TRUE / FALSE QUESTIONS

Answer the questions below by putting an "x" in the box.	True	False
1. Energy drinks are healthier than sports drinks.		
2. Logos of energy Drink companies are carefully designed to attract a specific target audience.		
3. Energy drinks are regulated by the Federal Drug Association.		
4. Energy drinks rehydrate the body.		
5. Water is a better choice than energy drinks AND sports drinks after exercising.		

*The most important thing I learned from this program....*

## MULTIPLE CHOICE QUESTIONS

1. What is NOT a good alternative to an energy drink after exercising?	Chocolate Milk	Candy	Fruit
2. What is true about caffeine?	It is the most common drug in the U.S.	It is a healthy way to get energy.	Caffeine is a type of mineral.
3. What is something that sports drink contain that energy drinks do not?	Caffeine	Supplements	Electrolytes

One thing I would change about this program.....

