

www.**Breaking News English**.com

Ready-to-use ESL/EFL Lessons by Sean Banville

"1,000 IDEAS & ACTIVITIES FOR LANGUAGE TEACHERS"

The Breaking News English.com Resource Book

<http://www.breakingnewsenglish.com/book.html>

Energy drinks harmful to kids

http://www.breakingnewsenglish.com/1102/110215-energy_drinks.html

Contents

| | |
|----------------------------|----|
| The Article | 2 |
| Warm-ups | 3 |
| Before Reading / Listening | 4 |
| While Reading / Listening | 5 |
| Listening Gap Fill | 6 |
| After Reading / Listening | 7 |
| Student Survey | 8 |
| Discussion | 9 |
| Language Work | 10 |
| Writing | 11 |
| Homework | 12 |
| Answers | 13 |

15th February, 2011

THE ARTICLE

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

Energy drinks packed full of caffeine may be harmful for children. That's the conclusion of a new report from the University of Miami. Study author Judith Schaechter said popular drinks like Red Bull and Monster Energy have no health benefits. Many of the ingredients used to make them are not regulated. Dr. Schaechter warned that children with conditions such as diabetes, mood swings and heart, kidney or liver diseases may have negative reactions to the drinks and could even die after drinking them. Report co-author Steven Lipshultz said: "Pediatricians need to be aware of the possible effects of energy drinks." He advised that: "Toxicity surveillance should be improved and regulations of...sales...should be based on appropriate research assessing energy drink safety."

Nearly a third of American children between the ages of 12 to 14 years regularly buy these beverages. Sales are steadily rising in the U.S. from \$6.5 billion in 2008 to \$6.9 billion in 2009. Sales for 2010 are expected to be much higher. American teens say the drinks help them at school. Tracy Wong, 18, said she needs them because, "it pumps my system full of caffeine. That's why I have energy. Caffeine energizes you and keeps you awake." A Red Bull spokesman said: "Red Bull Energy Drink is available in over 160 countries because health authorities across the world have concluded that [it] is safe to consume." However, it is banned in Germany and Taiwan for containing minute traces of cocaine.

WARM-UPS

1. ENERGY DRINKS: Walk around the class and talk to other students about energy drinks. Change partners often. Sit with your first partner(s) and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

energy drinks / harmful / conclusion / health benefits / mood swings / toxicity / beverages / American teens / pumps / caffeine / health authorities / banned / cocaine

Have a chat about the topics you liked. Change topics and partners frequently.

3. HEALTH BENEFITS: Are these things beneficial or detrimental to children? Complete this table with your partner(s). Change partners and share what you wrote. Change and share again.

| | Beneficial things | Detrimental things |
|-------------------|-------------------|--------------------|
| Energy drinks | | |
| Video games | | |
| Fast food | | |
| Following fashion | | |
| TV | | |
| Mobile phones | | |

4. HEALTH: Students A **strongly** believe one day everything we buy will be healthy; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. BEVERAGES: Rank these drinks and share your rankings with your partner. Put your favourite at the top. Change partners and share your rankings again.

- Red Bull
- milk
- coffee
- water
- wine
- orange juice
- Coca Cola
- beer

6. CAFFEINE: Spend one minute writing down all of the different words you associate with the word 'caffeine'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. Energy drinks are definitely harmful to children. | T / F |
| b. The drinks Red Bull and Monster Energy have several health benefits. | T / F |
| c. A doctor says energy drinks can actually kill children. | T / F |
| d. Another doctor says these drinks should be monitored for poisons. | T / F |
| e. Around a half of U.S. pre-teens consume caffeine-filled energy drinks. | T / F |
| f. Sales of the drinks in the U.S. have fallen over the past two years. | T / F |
| g. A Red Bull spokesperson agreed there were safety concerns. | T / F |
| h. Red Bull is banned in a few nations because of tiny amounts of cocaine. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|------------------|---------------|
| 1. packed | a. monitoring |
| 2. regulated | b. crammed |
| 3. conditions | c. drink |
| 4. surveillance | d. drinks |
| 5. appropriate | e. pushes |
| 6. beverages | f. controlled |
| 7. pumps | g. tiny |
| 8. concluded | h. illnesses |
| 9. consume | i. determined |
| 10. minute (adj) | j. suitable |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------------------|---------------------|
| 1. drinks packed full | a. in the U.S. |
| 2. the ingredients used to | b. swings |
| 3. mood | c. full of caffeine |
| 4. may have negative reactions | d. research |
| 5. based on appropriate | e. cocaine |
| 6. Sales are steadily rising | f. of caffeine |
| 7. Sales for 2010 are expected to | g. make them |
| 8. it pumps my system | h. authorities |
| 9. health | i. to the drinks |
| 10. containing minute traces of | j. be much higher |

WHILE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

GAP FILL: Put the words into the gaps in the text.

Energy drinks (1) _____ full of caffeine may be harmful for children. That's the conclusion of a new report from the University of Miami. Study author Judith Schaechter said (2) _____ drinks like Red Bull and Monster Energy have no health benefits. Many of the ingredients used to make them are not (3) _____. Dr. Schaechter warned that children with conditions such as diabetes, mood (4) _____ and heart, kidney or liver diseases may have negative reactions to the drinks and could (5) _____ die after drinking them. Report co-author Steven Lipshultz said: "Pediatricians need to be (6) _____ of the possible effects of energy drinks." He (7) _____ that: "Toxicity surveillance should be improved and regulations of...sales...should be (8) _____ on appropriate research assessing energy drink safety."

swings
based
popular
aware
packed
even
advised
regulated

Nearly a (9) _____ of American children between the ages of 12 to 14 years regularly buy these (10) _____. Sales are steadily rising in the U.S. from \$6.5 billion in 2008 to \$6.9 billion in 2009. Sales for 2010 are expected to be (11) _____ higher. American teens say the drinks help them at school. Tracy Wong, 18, said she needs them because, "it (12) _____ my system full of caffeine. That's why I have energy. Caffeine energizes you and (13) _____ you awake." A Red Bull spokesman said: "Red Bull Energy Drink is available in over 160 countries because (14) _____ authorities across the world have concluded that [it] is (15) _____ to consume." However, it is banned in Germany and Taiwan for containing minute (16) _____ of cocaine.

health
much
beverages
traces
keeps
third
safe
pumps

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

Energy drinks _____ may be harmful for children. That's the conclusion of a new report from the University of Miami. Study author Judith Schaechter _____ Red Bull and Monster Energy have no health benefits. Many of the ingredients used to make them are not regulated. Dr. Schaechter warned that children _____ diabetes, mood swings and heart, kidney or liver diseases may have negative reactions to the drinks and _____ drinking them. Report co-author Steven Lipshultz said: "Pediatricians need to be _____ effects of energy drinks." He advised that: "Toxicity surveillance _____ and regulations of...sales...should be based on appropriate research assessing energy drink safety."

Nearly a third of American children between the ages of 12 to 14 years old _____ beverages. Sales are steadily rising in the U.S. from \$6.5 billion in 2008 to \$6.9 billion in 2009. Sales for 2010 are _____ higher. American teens say the drinks help them at school. Tracy Wong, 18, said she needs them because, "it _____ of caffeine. That's why I have energy. Caffeine energizes you _____." A Red Bull spokesman said: "Red Bull Energy Drink is available in over 160 countries because health authorities _____ concluded that [it] is safe to consume." However, it is banned in Germany and Taiwan for containing _____ cocaine.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'energy' and 'drink'.

| | |
|---------------|--------------|
| energy | drink |
|---------------|--------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

| | |
|--|--|
| <ul style="list-style-type: none">• packed• report• swings• die• aware• sales | <ul style="list-style-type: none">• third• 2009• 18• awake• safe• cocaine |
|--|--|

STUDENT ENERGY DRINKS SURVEY

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

Write five GOOD questions about energy drinks in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

ENERGY DRINKS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the phrase 'energy drink'?
- c) Do you like energy drinks?
- d) What's the best thing for giving you energy?
- e) Do you think children should be banned from drinking energy drinks?
- f) Why do you think some of the ingredients are unregulated?
- g) What would you tell your 15-year-old child if (s)he was drinking energy drinks?
- h) What can we do to encourage children to drink water, milk and juice instead of energy drinks?
- i) Why are people only now suggesting monitoring these drinks?
- j) Could people sue the energy drinks companies if they become ill?

Energy drinks harmful to kids – 15th February, 2011
More free lessons at www.BreakingNewsEnglish.com

ENERGY DRINKS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article?
- b) How popular are energy drinks in your country?
- c) What do you do if you need to stay awake to study or work?
- d) Are energy drinks a good thing to help people study?
- e) Is caffeine good or bad for you?
- f) Would you like your system to be pumped full of caffeine?
- g) If 160 countries have approved Red Bull, is it safe?
- h) What do you know about the history of energy drinks?
- i) If Red Bull has cocaine in it, why have only two places banned it?
- j) What questions would you like to ask the CEO of Red Bull?

LANGUAGE – MULTIPLE CHOICE

From http://www.BreakingNewsEnglish.com/1102/110215-energy_drinks.html

Energy drinks (1) ____ full of caffeine may be harmful for children. That's the conclusion of a new report from the University of Miami. Study author Judith Schaechter said popular drinks like Red Bull and Monster Energy have no health (2) _____. Many of the ingredients used to make them are not (3) _____. Dr. Schaechter warned that children with conditions such as diabetes, mood (4) _____ and heart, kidney or liver diseases may have negative reactions to the drinks and could (5) _____ die after drinking them. Report co-author Steven Lipshultz said: "Pediatricians need to be aware of the possible effects of energy drinks." He advised that: "Toxicity surveillance should be improved and regulations of...sales...should be based (6) _____ appropriate research assessing energy drink safety."

Nearly a third of American children between the ages of 12 to 14 years regularly buy these (7) _____. Sales are steadily rising in the U.S. from \$6.5 billion in 2008 to \$6.9 billion in 2009. Sales for 2010 are (8) _____ to be much higher. American teens say the drinks help them at school. Tracy Wong, 18, said she needs them because, "it pumps my system full (9) _____ caffeine. That's why I have energy. Caffeine energizes you and keeps you (10) _____." A Red Bull spokesman said: "Red Bull Energy Drink is available in over 160 countries because health authorities across the world have (11) _____ that [it] is safe to consume." However, it is banned in Germany and Taiwan for containing (12) _____ traces of cocaine.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|----------------|-----------------|-------------------|
| 1. | (a) packs | (b) packing | (c) packer | (d) packed |
| 2. | (a) benefits | (b) beneficial | (c) beneficiary | (d) beneficiaries |
| 3. | (a) regulates | (b) regulated | (c) regulation | (d) regulatory |
| 4. | (a) roundabouts | (b) see-saws | (c) swings | (d) slides |
| 5. | (a) ever | (b) event | (c) even | (d) evens |
| 6. | (a) in | (b) on | (c) at | (d) of |
| 7. | (a) averages | (b) collages | (c) leverages | (d) beverages |
| 8. | (a) expected | (b) expects | (c) expectant | (d) expectation |
| 9. | (a) by | (b) of | (c) to | (d) at |
| 10. | (a) waking | (b) woken | (c) awakes | (d) awake |
| 11. | (a) conclude | (b) concludes | (c) concluded | (d) conclusive |
| 12. | (a) minute | (b) hour | (c) seconds | (d) day |

HOMWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about energy drinks. Share what you discover with your partner(s) in the next lesson.

3. ENERGY DRINKS: Make a poster about energy drinks. Show your work to your classmates in the next lesson. Did you all have similar things?

4. HEALTHY?: Write a magazine article about this news. Include imaginary interviews with people who are for and against energy drinks.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. LETTER: Write a letter to the Red Bull spokesman. Ask him three questions about energy drinks. Give him three of your opinions on them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

- a. F b. F c. T d. T e. F f. F g. F h. T

SYNONYM MATCH:

- | | |
|------------------|---------------|
| 1. packed | a. crammed |
| 2. regulated | b. controlled |
| 3. conditions | c. illnesses |
| 4. surveillance | d. monitoring |
| 5. appropriate | e. suitable |
| 6. beverages | f. drinks |
| 7. pumps | g. pushes |
| 8. concluded | h. determined |
| 9. consume | i. drink |
| 10. minute (adj) | j. tiny |

PHRASE MATCH:

- | | |
|-----------------------------------|---------------------|
| 1. drinks packed full | a. of caffeine |
| 2. the ingredients used to | b. make them |
| 3. mood | c. swings |
| 4. may have negative reactions | d. to the drinks |
| 5. based on appropriate | e. research |
| 6. Sales are steadily rising | f. in the U.S. |
| 7. Sales for 2010 are expected to | g. be much higher |
| 8. it pumps my system | h. full of caffeine |
| 9. health | i. authorities |
| 10. containing minute traces of | j. cocaine |

GAP FILL:

Energy drinks harmful to kids

Energy drinks (1) **packed** full of caffeine may be harmful for children. That's the conclusion of a new report from the University of Miami. Study author Judith Schaechter said (2) **popular** drinks like Red Bull and Monster Energy have no health benefits. Many of the ingredients used to make them are not (3) **regulated**. Dr. Schaechter warned that children with conditions such as diabetes, mood (4) **swings** and heart, kidney or liver diseases may have negative reactions to the drinks and could (5) **even** die after drinking them. Report co-author Steven Lipshultz said: "Pediatricians need to be (6) **aware** of the possible effects of energy drinks." He (7) **advised** that: "Toxicity surveillance should be improved and regulations of...sales...should be (8) **based** on appropriate research assessing energy drink safety."

Nearly a (9) **third** of American children between the ages of 12 to 14 years regularly buy these (10) **beverages**. Sales are steadily rising in the U.S. from \$6.5 billion in 2008 to \$6.9 billion in 2009. Sales for 2010 are expected to be (11) **much** higher. American teens say the drinks help them at school. Tracy Wong, 18, said she needs them because, "it (12) **pumps** my system full of caffeine. That's why I have energy. Caffeine energizes you and (13) **keeps** you awake." A Red Bull spokesman said: "Red Bull Energy Drink is available in over 160 countries because (14) **health** authorities across the world have concluded that [it] is (15) **safe** to consume." However, it is banned in Germany and Taiwan for containing minute (16) **traces** of cocaine.

LANGUAGE WORK

- 1 - d 2 - a 3 - b 4 - c 5 - c 6 - b 7 - d 8 - a 9 - b 10 - d 11 - c 12 - a