

## Caffeine – A Stimulant For Our Bo|dy?

Complete the text on the effects of caffeine. Fill in the blanks from the word list on the right. There are **THREE** words you will not need.



You are drinking lots of cola at a party, when it \_\_\_\_\_ hits. You are full of energy, you jump around, and you talk too fast. Later on, you can't fall asleep and the next day you're tired and feel awful. Does that sound \_\_\_\_\_?

Most children already lots of energy, but those who drink a lot of cola often end up even more wired than others. The beverage includes a lot of sugar but also a \_\_\_\_\_ that produces a lot of energy - caffeine.

Like cola, coffee is also full of caffeine. That's why many grown-ups drink it the first thing in the morning to help them wake up. The chemical is naturally found in tea, chocolate and hot cocoa. Many people need this kick, so food producers often add it to many other \_\_\_\_\_ and snacks. But is caffeine good or bad for us?

Some \_\_\_\_\_ show that caffeine might help people \_\_\_\_\_ to things more quickly. Scientists have found out that caffeinated coffee and tea can help protect your heart, brain and other organs from certain \_\_\_\_\_.

On the other hand too much caffeine can make people \_\_\_\_\_ and unable to sleep. This is worrisome because we need sleep to stay healthy. Caffeine may also \_\_\_\_\_ your blood pressure, increase your heart \_\_\_\_\_ and make you feel more stressed.

Love it or hate it, caffeine is hard to \_\_\_\_\_. Coffee shops are all over the place, in city streets and malls. Machines offer coffee and cola at schools. Even though you can get caffeine-free coffee, tea and cola almost everywhere more than 80 % of adults in America \_\_\_\_\_ caffeine regularly.

Caffeine raises the \_\_\_\_\_ of sugar in your bloodstream, even if there is no sugar in your caffeinated drink. That's what gives you extra energy.

although  
amount  
anxious  
average  
avoid  
beverages  
boost  
consume  
diabetes  
diseases  
energy  
familiar  
harm  
physical  
producers  
protect  
raise  
rate  
regular  
respond  
studies  
substance  
suddenly  
symptoms

Taking caffeine away from \_\_\_\_\_ users causes withdrawal \_\_\_\_\_, like headaches and sleepiness. It also makes them react more slowly. So, when you give these people the caffeine that they need they do better and react more quickly.

Many athletes take caffeine to \_\_\_\_\_ their energy levels. Studies show however that caffeine only helps those athletes who are in good \_\_\_\_\_ shape already. In an experiment runners had to run at a very fast pace. On \_\_\_\_\_, they were able to run for about 32 minutes. After taking caffeine they ran 7 to 10 minutes longer.

\_\_\_\_\_ caffeine may be good for world class athletes, it may \_\_\_\_\_ the health of people who are overweight. For some it may even lead to \_\_\_\_\_.

In the end a cup of coffee or a can of cola once in a while is okay, but don't overdo it!

