Video worksheet

Caffeine alternatives



Exercise 1. Complete the table.

Complete the table with the adjectives in the box to describe the different effects caffeine can have on people.
Use a dictionary if necessary.

Adjectives: active | alert | anxious | awake | drowsy | jittery | sleepy

1 When you don't have enough caffeine, you may feel... 	☐ active ☐ drowsy	☐ alert ☐ jittery	☐ anxious ☐ sleepy
2 The right amount of caffeine can make you feel... 	☐ active ☐ drowsy	☐ awake ☐ jittery	☐ anxious ☐ sleepy
3 Too much caffeine may make you feel... 	☐ active ☐ drowsy	☐ alert ☐ jittery	☐ anxious ☐ sleepy

WHILE YOU WATCH



Exercise 2. Match natural alternatives to coffee

3. Match natural alternatives to coffee 1–4 with descriptions a–d. Then watch the first part of the video (up to 02:02) and check your answers.

1 Sugar / fudge  ☐	a	A herb that contains a chemical that helps the connection between brain cells.
2 Sage  ☐	b	A substance used to check that people don't feel different just because they're taking a pill.
3 Chewing gum  ☐	c	A sweet snack containing glucose for an energy boost.
4 Placebo  ☐	d	A food that research suggests could make us more alert.

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Exercise 3. Complete the sentences



Complete the sentences from the video with the correct form of the adjectives.

Adjectives: active | alert | anxious | awake | drowsy | jittery | sleepy



And, of course, there's the added bad side of the fact that if I have too much of the stuff, it makes me 1 _____ and 2 _____, which is the last thing I want as a surgeon who has to hold a knife in their hands. So what are the alternatives if we want something to help us stay 3 _____ and 4 _____?

I would've thought that if you have sugar at that point in the day where you're feeling a bit 5 _____ and 6 _____, that really perks you up. So it seems that sage could be the alternative we've been looking for to make us more 7 _____ in the afternoon. But are you sure you're ready to swap your cappuccino for a leaf of sage?



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AFTER YOU WATCH



Exercise 4. What would you recommend?

Read the situations and choose the best option (A, B or C) based on what you have learnt from the video.

1 Emma feels sleepy in the afternoon but doesn't want another cup of coffee. She wants to improve her concentration.



A Try sage.
B Drink several strong coffees.
C Avoid all afternoon activities.



2 Daniel has had too much coffee and now feels anxious and jittery. What should he do next?



A Have another espresso.
B Avoid having more caffeine for now.
C Eat some coffee-flavoured sweets.



3 Sophie needs to stay alert while working on an important project. She wants to try something other than coffee.



A Stop working completely.
B Drink coffee every fifteen minutes.
C Try chewing gum.



4 Mark feels drowsy and thinks a sweet snack will give him a quick energy boost. Which option matches this idea?



A A leaf of sage.
B A piece of fudge.
C A placebo pill.



5 Researchers give some participants a placebo during an experiment. Why?



A To provide extra glucose.
B To make participants more anxious.
C To check whether expectations influence how participants feel.

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