

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 have 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.

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.

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

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!

KEY

You are drinking lots of cola at a party, when it **suddenly** 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 **familiar**?

Most children already have 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 **substance** 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 **beverages** and snacks. But is caffeine good or bad for us?

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

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

Love it or hate it, caffeine is hard to **avoid**. 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 **consume** caffeine regularly.

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

Taking caffeine away from **regular** users causes withdrawal **symptoms**, 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 **boost** their energy levels. Studies show however that caffeine only helps those athletes who are in good **physical** shape already. In an experiment runners had to run at a very fast pace. On **average**, they were able to run for about 32 minutes. After taking caffeine they ran 7 to 10 minutes longer.

Although caffeine may be good for world class athletes, it may **harm** the health of people who are overweight. For some it may even lead to **diabetes**.

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