

Name: _____

Energy in a Can?

Directions: After reading “Boost or Bust?” on page 8, write the correct answers on the lines below.

1. _____ percent of kids regularly consume energy drinks.
2. Energy drinks are loaded with _____ .
3. Some energy drinks contain _____ to _____ times the amount of caffeine found in typical soft drinks.
4. Caffeine can speed up your _____ .
5. Some types of energy drinks contain _____ teaspoons of sugar in an 8-ounce can.
6. If you're thirsty, it is best to drink _____ or _____, according to the article.
7. A good way to get more energy is to get at least _____ to _____ hours of sleep a night.
8. An increase in _____ is part of the reason a person can feel a boost from an energy drink.
9. Unless you're working out for longer than _____, you really don't need a sports drink.
10. Eating or drinking simple sugars often results in a crash of _____.