

## Energy drinks: good or bad?

Energy drinks are very popular these days. Energy drinks often make big promises. But do they keep their promises? Are they good for us, or bad for us? Do this web task and find out more.

### A) Energy food: health or hype?

Go to [http://kidshealth.org/teen/food\\_fitness/nutrition/energy.html](http://kidshealth.org/teen/food_fitness/nutrition/energy.html) and answer the questions.

- 1 Read the article on energy food. What do the words *in italics* mean in Dutch? Use a dictionary if necessary.
  - 1 Lots of people feel tired and *run down*.
  - 2 But many of them do contain more *nutrients* than a candy bar or a bag of chips.
  - 3 For many teens the extra sugar and calories just contribute to *weight gain*, not to mention *tooth decay*.
  - 4 Energy foods and drinks are offering the *convenience* of energy on the go.
  - 5 The only way to get that is through eating a balanced diet and not *skipping meals*.
  - 6 It can cause side effects like *jitteriness*.
  - 7 Food bars don't make good meal *replacements*.
  - 8 You've got to be a pretty *savvy* consumer to see through it.
- 2 De makers van *energy foods* beloven de consument van alles. Wat wordt er zoal beloofd?
- 3 Volgens dit artikel hebben *energy foods* veel nadelen. Welke vijf nadelen worden hier genoemd?
- 4 Welke adviezen worden hier gegeven?

### B) Giving you wings?

Go to the official Red Bull website <http://www.redbull.com/>. Click on 'products and company' and answer the questions.

- 1 What are the promises made by Red Bull?
- 2 What are the main ingredients of Red Bull?
- 3 How much sugar does one can of Red Bull contain?
- 4 How much caffeine does one can (250 ml) of Red Bull contain?
- 5 What does taurine do, according to this website?
- 6 How many cans of Red Bull were sold worldwide in 2010? What was the company's turnover in the same year?
- 7 Go back to 'ingredients' and click on 'FAQs'. What are the recommendations for children? Is there an age limit?

- 8 What does it say about mixing Red Bull with alcohol?
- 9 Does Red Bull feel any responsibility in the obesity issue?
- 10 What are your own thoughts on these matters (questions 7, 8, and 9)?

### **C) Behind the label: Red Bull**

Now go to <http://www.theecologist.org/> and search for 'Behind the label: Red Bull'. Read the article and answer the questions in Dutch.

- 1 Wanneer kwam Red Bull voor het eerst op de markt?
- 2 Je hebt net gelezen wat Red Bull allemaal belooft. Deze beloften zijn volgens de website van Red Bull gebaseerd op wetenschappelijk onderzoek. Wat wordt er in dit artikel gezegd over deze onderzoeken? Wat betekent dat voor de resultaten?
- 3 Wat blijkt uit andere, onafhankelijke onderzoeken?
- 4 Welk ingrediënt is met name verantwoordelijk voor de 'high' die je krijgt van Red Bull, volgens dit artikel?
- 5 Wat wordt er gezegd over de effecten van taurine op je lichaam?
- 6 Wat is de interactie van taurine en cafeïne?

### **D) Videos**

Go to <http://www.hc-sc.gc.ca/> and click on 'English'. Go to 'A-Z index' and scroll down to 'Energy drinks'. Watch the video first and answer the questions in Dutch.

- 1 Wat wordt er gezegd over koffie, sap en cola?
- 2 Wat wordt er gezegd over de hoeveelheid cafeïne in energy drankjes?
- 3 Vullen energy drankjes het tekort aan vocht aan? Leg uit.
- 4 Wat wordt er gezegd over de combinatie van energy drankjes en alcohol?

Go to <http://video.foxnews.com/v/4423504/energy-drink-dangers/> and watch the video about the dangers of energy drinks. Answer the questions in English.

- 5 What are the active ingredients in the 'Four Loko' drink and in which quantities?
- 6 What is the biggest danger of drinks like Four Loko, according to this news item?
- 7 What is said about the amount of sugar in energy drinks in relation to the RDA (recommended daily amount)?
- 8 What should people who drink these energy drinks be aware of?
- 9 What is said about the marketing strategies of the energy drink business?
- 10 In the video, there is talk of a ban on Four Loko. What actually

happened? Find out on Wikipedia.

### **E) Your opinion**

- 1** Do we have energy drinks containing alcohol in The Netherlands? Can you give examples?
- 2** Do you think they should be banned? Why (not)? Explain your answer, using arguments and examples.