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Caffeine: The Elixir of Energy and the Myths Behind It

People love their caffeinated beverages like coffee, Coca-Cola, Pepsi, and energy drinks like Red Bull. These drinks make people feel good and can also give them extra energy. All of these drinks have something in common. They all have the secret ingredient called **caffeine**.



Without Caffeine—why do we feel tired?

All over the body, there are nerve cells (**neurons**) that send signals to the brain. They send signals that help us to move, to think and to do many other things. After so many signals are sent to the brain, the body will send a signal that will make you tired. This is what makes us want to go to sleep. When the “tired” signals reach our brain, our brain creates a signal that says, “it’s time to slow down!” This is what happens when we start to feel tired.

What happens when Caffeine is in our bodies?

Ecobottle Sample



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Too good to be true: Debunking the myth

Some of the effects of caffeine people may think are good. But, the use of caffeine can cause harm to our bodies. It may keep you awake, alert, and cause you to feel full of energy, but after a while, it wears off and you feel extra tired. The caffeine blocks the signals from being received by the body but it does not stop the “tired” signals from being sent. So there ends up being extra “tired” signals just waiting to be received. When the caffeine leaves the body (half will be gone in 3-5 hours), all of the extra, or backed up, tired signals, are finally received by the body and it makes a person feel extra tired.



Caffeine: An ingredient found in many types of plants that make us feel awake. It is a part of coffee, a popular drink.

Neuron: Cells that control your movement and thinking. Neurons are found all over your body and make up the main type of cell in your brain.

Caffeine side effects:

Caffeine has the following side effects:

- A person may be jittery
- Increased heart rate
- Headaches
- Stomach aches
- Feeling extra thirsty
- Trouble falling or staying asleep
- Feeling extra tired

Ecobottle Sample



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Reading Comprehension Questions

1. What is caffeine and what does it do?
2. Give
3. What happens when we eat or drink something that has caffeine?
4. What are
5. About how long does it take before our bodies start to get rid of caffeine?
6. What

Extension Question

7. If you were a doctor, how would you advise a patient on caffeine use? Why? Focus on/research how caffeine relates to sleep, energy, medication, and other health aspects.
 - a) If the patient were a child ...
 - b) If the
 - c) If the patient
8. Perform

Ecobottle Sample



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TWF READING

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