

Count Your CUBES!

CHECK THE CAFFEINE!

Tom's Caffeine-Fuelled Day

It is a hot and sunny day at the beach. Tom is thirsty and goes to the concession stand and buys a can of ICED TEA. It's delicious and refreshing.

He feels fit to play beach volleyball for another hour!

After an awesome game, he craves something to pick him up while cooling him down, so he buys a medium ICED COFFEE for the walk home.

Once at home, he remembers that he has a test in school tomorrow. He sits at his desk and starts reading. He notices his **mind wandering** and his **heart beating too fast**. He is getting a **headache**. He also has to **go to the bathroom** way more often than usual.

An hour later he feels **tired**, but he still has to study for the test. In the fridge he finds an ENERGY DRINK. He remembers that the commercial for this drink says that it wakes you up and gives you energy immediately. Exactly what he needs to focus on his studies!

Later, **feeling sick**, he decides to go to bed early. He feels **fidgety and restless**. The next morning he is **irritable** with his friends and **anxious** about just about everything.

What happened?
Circle all of Tom's symptoms.



Circle or highlight the beverages that you've tried before....

Drink	Serving Size (mL)	Caffeine (mg)
Hot Chocolate	300 mL	8 mg
Cola	355 mL	40 mg
Iced tea	355 mL	25 mg
Root beer	355 mL	40 mg
Energy drink	250 mL	130 mg
Coffee (regular)	350 mL	186 mg
Coffee (decaf)	350 mL	4 mg
Iced coffee	500 mL	214 mg
Black or green tea	250 mL	30 mg
Tea (decaf)	240 mL	1 mg

How much caffeine did Tom drink?

Iced tea _____ mg
 Iced coffee + _____ mg
 Energy drink + _____ mg
 TOTAL = _____ mg

What is the maximum amount of caffeine that students can safely have in one day?

→ Age 7 to 12 years: _____ mg

