

CAFFEINE



[Watch the video lesson](#) and then show what you know



1. Caffeine is classified as a stimulant.

- a) True
- b) False

2. You can become addicted to caffeine.

- a) True
- b) False

3. Where can caffeine NOT be found?

- a) coffee & tea
- b) chocolate
- c) energy drinks
- d) juice
- e) soda

4. What is the safest way to reduce/eliminate caffeine from your diet?

- a) pick a day and stop all caffeine intake
- b) slowly reduce the amount of caffeine you take in over time
- c) only drink energy drinks

5. What are some health issues that can result from over use of caffeine?

- a) rapid heart rate
- b) nervousness
- c) jittery
- d) all of the above