Carena Wood
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Current Heath Trends Affecting Students

The unit will explore current health trends affecting adolescents. This unit has been designed for 9th graders across the curriculum and will focus on making healthy decisions. This unit is expected to take two weeks to complete.

Subject	Focus
P.E./Health	Macro-effects on the body
Science	Micro-effects on the body
Math	Numbers in health
History	Learning from the past
English	Social-effects/Propaganda

Learning Goals

Students will be able to make informed health decisions

Students will be aware of the affects of various chemicals on their bodies in both a micro and macro sense.

Students will understand that the concept of what was healthy differed through time.

Students will be able to tell the difference between a scientifically informed and an advertiser informed opinion.

Alaska Standards

Reading Info 2. Determine a central idea of a text and analyze its development over the course of the text, including how it emerges and is shaped and refined by specific details; restate and summarize main ideas or events, in correct sequence when necessary, after reading a text.

Reading Info 8. Delineate and evaluate the argument and specific claims in a text (e.g., bias and propaganda techniques, emotional effect of specific word choices and sentence structures, well-supported logical arguments), assessing whether the reasoning is valid and the evidence is relevant and sufficient; identify false statements and fallacious reasoning.

N-Q.1. Use units as a way to understand problems and to guide the solution of multi-step problems; choose and interpret units consistently in formulas; choose and interpret the scale and the origin in graphs and data displays.

A-REI.1. Apply properties of mathematics to justify steps in solving equations in one variable.

F-IF.7. Graph functions expressed symbolically and show key features of the graph, by hand in simple cases and using technology for more complicated cases.*

Cultural Standards

A.1 Assume responsibility for their role in relation to the well- being of the cultural community and their life-long obligations as a community member.

B.3 make appropriate choices regarding the long-term consequences of their actions

SMART Objectives

Students can list side effects of the following chemicals: sugar, caffeine, cocaine, lead, alcohol, and nicotine.

Students will write an essay in which he/she develops an argument about the future of the energy drink industry in the U.S.

Given three articles, the student will differentiate between scientific information and propaganda/advertisement.

Given ten food items, students will be able to categorize them in terms of healthy, healthy in moderation, and unhealthy.

Students will be able to compile data from multiple subjects and create appropriate tables and graphs.

Students will create a healthy menu for one week.

Summative assessment for the menu project

Students will create a healthy menu for themselves spanning seven days. Menu will include all meals and snacks. Students will calculate calorie content per meal and per day. Menu will be organized and layout will take form of poster, chart, media, etc. Language will be understandable, legible, and will describe food choices. Within each day and across the week there will be a variety of foods.

	Meets Standards	Exceeds Standards
Layout	Organized	Attractively presented
Language	Legible	Clear and concise
Content	3 meals and one snack per day	Meals are healthy and balanced
Calories	Defined per meal and day	Within 10% of daily value
Variety	20 – 28 food choices	More than 28 food choices

Energy Drink Presentation Plan

SMART Objectives:

1) Describe how energy drinks work.
2) Explain three current trends of caffeine consumption in the U.S.
3) Cite two historical accounts where social mores influenced the food and drug industry.

Standards:

A6) know that cultural elements, including language, literature, the arts, customs, and belief systems, reflect the ideas and attitudes of a specific time and know how the cultural elements influence human interaction;

C 3) apply thinking skills, including classifying, interpreting, analyzing, summarizing, synthesizing, and evaluating, to understand the historical record;

Anticipatory Set:

Pass out caffeinated beverage survey.

Activities:

1) Jigsaw – divide into four groups, demonstrate note guide, distribute readings, summarize findings within groups and share with the class.
2) Look at trends of caffeine consumption in the class using survey results.

Assessment:

Exit pass – 3 Learnt -2 Interesting -1 Question

Resources:

22 surveys
22 articles
22 note guides
Excel spreadsheet, laptop, projector

	Monday	Tuesday	Block One	Block Two
Topic	Weights, Measures & Labels	Calories	Into to Probability	Health Odds
Standard	N-Q.1. Use units as a way to understand problems and to guide the solution of multi-step problems		S-MD.6. (+) Use probabilities to make fair decisions	S-ID.9. Distinguish between correlation and causation.
SMART Goals	Identify units of measurement in context.	Calculate calories content for foods, meals and days.	Calculate probability and odds give data tables.	Students predict likely outcomes of three health scenarios.
Anticipatory Set	A can of coke - crush	Drive-thru	Under the Nutshell	Introduce speaker
Activity	1) Hands on weights and measures. 2) Reading labels 3) Define terms	1) Calorie tables 2) Internet 3) Apply scaling 4) Spreadsheet work	1) Lecture 2) Casino games 3) Group workstations - determine the odds	1) Talk from Seldovia Village Tribe Health & Welllness 2) Mini-lecture 3) Group worksheet on health scenarios.
Homework	Record all foods consumed between the end of class and the beginning of class tomorrow.	Come up with seven dinners & calculate calories.		
Resources	Weights and containers from science lab, Smart Notebook Slides, soft drinks	Laptop cart, value-meal	Decks of cards, dice, cups, ball, Smart Notebook Slides	Hillery Daily, note-guide, worksheet, Smart Notebook Slides
Assessment	Pair-up problem set on conversions.	Group worksheet on calorie content	Exit pass – What are the odds of…?	Group worksheet on health scenarios. Individual quick write

Group Unit on Modern Health Trends for 9th grade					
	Monday	Tuesday	Wednesday	Thursday	Friday - Test Day
Resources	World Map, Projector, reading, powerpoint	Projector/Video, reading	Smoking Ads, Projector/Video	Computer/research, World Map	Projector, Computer, Internet Research
Objectives: Students will be able to…	List 3 symptoms of lead poisoning (Memory loss, joint pain, high blood pressure, mood disorder)	Explain how social mores led to changed in the food industry Show a line of cause and effect for the changes in the Coke brand	Give 2 reasons why people thought smoking was ok (no evidence that it wasn't, Physicians smoked) List 2 reasons that doctors may tell patients to smoke (lose weight, calm nerves)	Give 3 symptoms of mercury poisoning (sensation pains, tremors, emotional changes, twitching, insomnia) Give 2 examples of poisonous materials being used in cosmetics (lead, Mercury)	Students will be able to assess the relative healthiness of drinks by ranking them from healthy to not healthy when given a group to choose from.
Anticipatory Activities	Open your purse and take out acceptable items that you would classify as "beauty" or "health"	Discuss health trends that were considered healthy back in the day/review homework.	Advertisements for Smoking	Put the different kinds of thermometers into a pie chart and discuss.	plot out how much and of what is consumed
Vocabulary	1) ephemeral momentary, fleeting 2) florid flushed, ornate 3) inconsequential trivial	1) antagonist opponent 2) frugal thrifty 3) intrepid fearless, adventurous	1) fortuitous lucky 2) impetuous rash, impulsive 3) nonchalant calm, casual	1) Adulation high praise 2) hypothesis theory requiring proof 3) longevity long life	Test on last week's vocab/concepts

Lecture Outline/Map work	Show England on the map Discuss how makeup and health trends change over the years. Queen Elizabeth	Reading: Why we took Cocaine out of Soda Discussion of the social trends that changed the recipe. Focus on Q& A time for the group work	Continuation of Monday but with emphasis on smoking	Show China, Tibet, Greece, Egypt and Italy/Rome on a map. Mercury, used to promote long life in China and Tibet, Greece - Ointments, Egyptians and Romans - cosmetics	History of Energy Drinks. Wild West - Snake Oil Salesmen. Jolt Cola - 1985. Josta - 1995-1999. Limit on max caffeine so more servings. 2004 - Energy Shot, 2007 - Energy Tablet. Energy Drink in Dictionary 2012 Go over ingredients and discuss what is healthy.
Group Work	Group items into Health/Beauty. Discuss possible side affects of some of them	Discuss the reading and any questions that this brings up			rank the homework drinks from most to least healthy, discussion. Students must be able to logically defend their choices.
Assessment of Learned Objectives					
Coming Soon					
Homework if any	Ask your parents or an adult about things that were considered healthy when they were a kid	n/a	go home and find out what kind of thermometer is in your first aid kit	From right now until class starts keep track of the liquids you consume. report out on what/amount	n/a

Alaska State Standards for History:
A student who meets the content standard should:

A) A student should understand that history is a record of human experiences that links the past to the present and the future.

2) know that the interpretation of history may change as new evidence is discovered;

6) know that cultural elements, including language, literature, the arts, customs, and belief systems, reflect the ideas and attitudes of a specific time and know how the cultural elements influence human interaction;

B) A student should understand historical themes through factual knowledge of time, places, ideas, institutions, cultures, people, and events.

1) comprehend the forces of change and continuity that shape human history through the following persistent organizing themes:

a. the development of culture, the emergence of civilizations, and the accomplishments and mistakes of social organizations;

2) understand the people and the political, geographic, economic, cultural, social, and environmental events that have shaped the history of the state, the United States, and the world;

C) A student should develop the skills and processes of historical inquiry.

3) apply thinking skills, including classifying, interpreting, analyzing, summarizing, synthesizing, and evaluating, to understand the historical record; and

Features

What Killed 'Em

Queen Elizabeth I

September 27, 2012

"Good Queen Bess" passed away on March 24, 1603. She was the daughter of Henry the VIII and Anne Boleyn. Her mother was beheaded two and a half years after her birth and she was declared illegitimate and deprived of the title of princess. The great irony is that Elizabeth I proved to be one of England's best monarchs. She was more moderate than her father and half-siblings, was a shrewd diplomat, and presided over one of the greatest victories in English history, the defeat of the Spanish Armada in 1588.

Her reign is known as the Elizabethan era, a high point in English history, with great works being written by William Shakespeare and Christopher Marlowe and exploration led by Sir Francis Drake. It was a period of relative religious tolerance that saw persecutions drop away. Elizabeth's motto was "video et taceo" (I see, and say nothing).

At 29, she contracted smallpox, which left her skin scarred and dependent on cosmetics. Here is where trouble starts.

One of the most popular cosmetics of the upper classes was Venetian ceruse, which women used to whiten their faces, necks, and chests. It was made by mixing vinegar with lead, which created an opaque powder that gives the wearer a milky, porcelain white complexion. The big problem with ceruse is that it is absorbed through the skin and leads to lead poisoning, hair loss, muscle paralysis, and a slowly deteriorating mental condition. It also corrodes the skin, leaving it unattractive; so, thicker and thicker layers had to be applied over time. Prolonged use of ceruse killed, and it is believed to be culpable in the death of Elizabeth I.

Amazingly, ceruse, while highly poisonous, remained popular for about 300 years despite its side effects. Finally, in 1634 it was classified as a poison.

In February 1603, Robert Devereux, a favorite of the queen, was beheaded and it seemed to put Elizabeth into a state of depression. By March, Elizabeth seemed ill yet she refused to be examined or lie down in bed. She stood for hours on end, visibly weakened. Her ladies-in-waiting became alarmed and spread cushions on the floor, and after a while Elizabeth collapsed on them. She lay speechless on the floor for 4 days until servants lifted her into her bed. She passed away on March 24, 1603. Her funeral took place on April 28 at Westminster Abbey. Her successor was James I of Scotland, whose mother Elizabeth had beheaded.

Elizabeth never married and the Tudor line and claim to the throne passed with her.

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Caffeine Content of Food & Drugs

Caffeine is the only drug that is present naturally or added to widely consumed foods (quinine is the other drug used in foods). It is mildly addictive, one possible reason that makers of soft drinks add it to their products. Many coffee drinkers experience withdrawal symptoms, such as headaches, irritability, sleepiness, and lethargy, when they stop drinking coffee.

More background on caffeine »

Coffees	Serving Size	Caffeine (mg)
Dunkin' Donuts Coffee with Turbo Shot	**large, 20 fl. oz.**	**436**
Starbucks Coffee	**venti, 20 fl. oz.**	**415**
Starbucks Coffee	**grande, 16 fl. oz.**	**330**
Panera Frozen Mocha	**16.5 fl. oz.**	**267**
Starbucks Coffee	**tall, 12 fl. oz.**	**260**
Starbucks Caffè Americano	**grande, 16 fl. oz.**	**225**
Panera Coffee	**regular, 16.8 fl. oz.**	**189**
Starbucks Espresso Frappuccino	**venti, 24 fl. oz.**	**185**
Dunkin' Donuts Coffee	**medium, 14 fl. oz.**	**178**
Starbucks Caffè Mocha	**grande, 16 fl. oz.**	**175**
Starbucks Iced Coffee	**grande, 16 fl. oz.**	**165**
Maxwell House Ground Coffee—100% Colombian, Dark Roast, Master Blend, or Original Roast	**2 Tbs., makes 12 fl. oz.**	**100-160**
Dunkin' Donuts Cappuccino	**large, 20 fl. oz.**	**151**
Starbucks—Caffè Latte, Cappuccino, or Caramel Macchiato	**grande, 16 fl. oz.**	**150**
Starbucks Espresso	**doppio, 2 fl. oz.**	**150**
Keurig Coffee K-Cup, all varieties	**1 cup, makes 8 fl. oz.**	**75-150**

Folgers Classic Roast Instant Coffee	**2 tsp., makes 12 fl. oz.**	**148**
Starbucks Doubleshot Energy Coffee, can	**15 fl. oz.**	**146**
Starbucks Mocha Frappuccino	**venti, 24 fl. oz.**	**140**
Starbucks VIA House Blend Instant Coffee	**1 packet, makes 8 fl. oz.**	**135**
McDonald's Coffee	**large, 16 fl. oz.**	**133**
Maxwell House International Café, all flavors	**2⅔ Tbs., makes 12-16 fl. oz.**	**40-130**
Seattle's Best Coffee—Iced Latte or Iced Mocha, can	**9.5 fl. oz.**	**90**
Starbucks Frappuccino Coffee, bottle	**9.5 fl. oz.**	**90**
International Delight Iced Coffee	**8 fl. oz.**	**76**
Maxwell House Lite Ground Coffee	**2 Tbs., makes 12 fl. oz.**	**50-70**
Dunkin' Donuts, Panera, or Starbucks Decaf Coffee	**16 fl. oz.**	**15-25**
Maxwell House Decaf Ground Coffee	**2 Tbs., makes 12 fl. oz.**	**2-10**
Teas	Serving Size	Caffeine (mg)
Starbucks Tazo Awake—Brewed Tea or Tea Latte	**grande, 16 fl. oz.**	**135**
Starbucks Tazo Earl Grey—Brewed Tea or Tea Latte	**grande, 16 fl. oz.**	**115**
Starbucks Tazo Chai Tea Latte	**grande, 16 fl. oz.**	**95**
Starbucks Tazo Green Tea Latte—Iced or regular	**grande, 16 fl. oz.**	**80**
Black tea, brewed for 3 minutes	**8 fl. oz.**	**30-80**
Snapple Lemon Tea	**16 fl. oz.**	**62**
Lipton Pure Leaf Iced Tea	**18.5 fl. oz.**	**60**
Green tea, brewed for 3 minutes	**8 fl. oz.**	**35-60**
Lipton 100% Natural Lemon Iced Tea, bottle	**20 fl. oz.**	**35**
Arizona Iced Tea, black, all varieties	**16 fl. oz.**	**30**
Nestea Unsweetened Iced Tea Mix	**2 tsp., makes 8 fl. oz.**	**20-30**
Arizona Iced Tea, green, all varieties	**16 fl. oz.**	**15**
Lipton Decaffeinated Tea—black or green, brewed	**8 fl. oz.**	**5**
Herbal Tea, brewed	**8 fl. oz.**	**0**
Soft Drinks	Serving Size	Caffeine (mg)
FDA official limit for cola and pepper soft drinks	**12 oz.**	**71 (200 parts per million)**
Pepsi MAX	**12 oz.**	**69**
Mountain Zevia (Zevia)	**12 oz.**	**55**
Mountain Dew, regular or diet	**12 oz.**	**54 (20 oz. = 90)**
Diet Coke	**12 oz.**	**47 (20 oz. = 78)**
Dr Pepper or Sunkist, regular or diet	**12 oz.**	**41 (20 oz. = 68)**
Pepsi	**12 oz.**	**38 (20 oz. = 63)**

Coca-Cola, Coke Zero, or Diet Pepsi	**12 oz.**	**35 (20 oz. = 58)**
Barq's Root Beer, regular	**12 oz.**	**23 (20 oz. = 38)**
7-Up, Fanta, Fresca, ginger ale, or Sprite	**12 oz.**	**0**
Root beer, most brands, or Barq's Diet Root Beer	**12 oz.**	**0**
Energy Drinks	Serving Size	Caffeine (mg)
Bang Energy Drink	**16 fl. oz.**	**357**
Redline Energy Drink	**8 fl. oz.**	**316**
Jolt Energy Drink	**23.5 fl. oz.**	**280**
Rockstar Citrus Punched	**16 fl. oz.**	**240**
NOS Active Sports Drink (Coca-Cola)	**22 fl. oz.**	**221**
5-hour Energy	**1.9 fl. oz.**	**208**
Full Throttle	**16 fl. oz.**	**200**
Monster Energy	**16 fl. oz.**	**160**
Rockstar	**16 fl. oz.**	**160**
Venom Energy Drink (Dr Pepper/Seven Up Inc.)	**16 fl. oz.**	**160**
NOS Energy Drink (Coca-Cola)	**16 fl. oz.**	**160**
AMP Energy Boost Original (PepsiCo)	**16 fl. oz.**	**142**
NoDoz Energy Shots	**1.89 fl. oz.**	**115**
Mountain Dew Kick Start	**16 fl. oz.**	**92**
Red Bull	**8.4 fl. oz.**	**80**
V8 V-Fusion+Energy	**8 fl. oz.**	**80**
Playboy Energy Drink	**8.4 fl. oz.**	**70**
Ocean Spray Cran-Energy	**20 fl. oz.**	**55**
Glacéau Vitaminwater Energy	**20 fl. oz.**	**50**
Starbucks Refreshers	**12 fl. oz.**	**50**
Caffeinated Snack Foods	Serving Size	Caffeine (mg)
Crackheads[2]	**1 box, 40g**	**600**
Crackheads Espresso Bean Candies, regular	**1 package, 28 pieces**	**200**
Wired Waffles	**1 waffle**	**200**
Perky Jerky	**1 package, 1 oz.**	**150**
Arma Potato Chips	**1 package, 2 oz.**	**70**
Cracker Jack'D	**1 package, 2 oz.**	**70**
MiO Energy, all flavors	**1 squirt, ½ tsp.**	**60**
Crystal Light Energy	**½ packet**	**60**
Jelly Belly Extreme Sport Beans	**1 package, 1 oz.**	**50**
Jolt Gum	**1 piece**	**45**
Alert Gum	**1 piece**	**40**
Blue Diamond Almonds, Roasted Coffee Flavored	**1 oz.**	**25**
Ice Cream & Yogurt	Serving Size	Caffeine (mg)
Bang!! Caffeinated Ice Cream	**4 fl. oz.**	**125**
Cold Stone Creamery Mocha Ice Cream	**Gotta Have It, 12 fl. oz.**	**52**

Starbucks Coffee Ice Cream	**4 fl. oz.**	**45**
TCBY Coffee Frozen Yogurt	**large, 13.4 fl. oz.**	**42**
Dannon All Natural Coffee Lowfat Yogurt	**6 oz.**	**30**
Häagen-Dazs Coffee Ice Cream	**4 fl. oz.**	**29**
Stonyfield Gotta Have Java Nonfat Frozen Yogurt	**4 fl. oz.**	**28**
Starbucks Mocha Frappuccino Ice Cream	**4 fl. oz.**	**25**
Baskin Robbins Jamoca Ice Cream	**4 fl. oz.**	**20**
Dreyer's or Edy's Grand Ice Cream—Coffee or Espresso Chip	**4 fl. oz.**	**17**
Breyers Coffee Ice Cream	**4 fl. oz.**	**1**
Häagen-Dazs Coffee Almond Crunch Snack Size Bar	**1.8 oz.**	**10**
Dreyer's, Edy's, or Häagen-Dazs Chocolate Ice Cream	**4 fl. oz.**	**less than 1**
Chocolate Candy & Chocolate Drinks	Serving Size	Caffeine (mg)
Starbucks Hot Chocolate	**grande, 16 fl. oz.**	**25**
Hershey's Special Dark Chocolate Bar	**1.5 oz.**	**20**
Hershey's—Milk Chocolate Bar	**1.6 oz.**	**9**
Hershey's Kisses	**9 pieces, 1.4 oz.**	**9**
Hershey's Cocoa	**1 Tbs.**	**8**
Dove Dark Chocolate Silky Smooth Promises	**5 pieces, 1.4 oz.**	**4**
Silk Chocolate Soymilk	**8 fl. oz.**	**4**
Hershey's Chocolate Lowfat Milk, bottle	**12 fl. oz.**	**2**
Over-The-Counter Pills	Serving Size	Caffeine (mg)
Zantrex-3 weight-loss supplement	**2 capsules**	**300**
NoDoz or Vivarin	**1 caplet**	**200**
Excedrin Migraine	**2 tablets**	**130**
Midol Complete	**2 caplets**	**120**
Bayer Back & Body	**2 caplets**	**65**
Anacin	**2 tablets**	**64**

December 2012. Most information was obtained from company Web sites or direct inquiries.

Serving sizes are based on commonly eaten portions, pharmaceutical instructions, or the amount of the leading-selling contaner size. For example, beverages sold in 16-ounce or 20-ounce bottles were counted as one serving.

Additional information: Juliano, L.M. & Griffiths, R.R. (2005). "Caffeine." In Lowinson, J.H., Ruiz, P., Millman, R.B., Langrod, J.G. (Eds.). Substance Abuse: A Comprehensive Textbook, Fourth Edition. (pp 403-421). Baltimore: Lippincott, Williams, & Wilkins.

Caffeine consumption, mainly from soda, common in kids and teens: study

A new report on kids and caffeine finds even the youngest children get at least small amounts regularly, mostly from drinks such as soda and tea. Energy drinks became a more common source of caffeine over the past decade.

THE ASSOCIATED PRESS / Monday, February 10, 2014, 2:33 PM

AP/JACK DEMPSEY

Megan Ward (l.) drinks an energy drink with her friend Mykel Prescott from Parker, Colo., at Ward's home in Castle Rock, Colo., in 2008. A study that analyzed kids' caffeine intake between 1999 and 2010 found the consumption of energy drinks is on the rise but doesn't account for most of the caffeine kids and teens consume.

RELATED STORIES

Caffeine may enhance memory: study

Man dies of caffeine overdose after eating too many energy mints

New report warns against energy drinks for kids

'World's strongest coffee' has 200% more caffeine

Common meds with caffeine may be linked to stroke

Nearly 3 out of 4 U.S. children and young adults consume at least some caffeine, mostly from soda, tea and coffee. The rate didn't budge much over a decade, although soda use declined and energy drinks became an increasingly common source, a government analysis finds.

Though even most preschoolers consume some caffeine-containing products, their average was the amount found in half a can of soda, and overall caffeine intake declined in children up to age 11 during the decade.

The analysis is the first to examine recent national trends in caffeine intake among children and young adults and comes amid a U.S. Food and Drug Administration investigation into the safety of caffeine-containing foods and drinks, especially for children and teens. In an online announcement about the investigation, the FDA notes that caffeine is found in a variety of foods, gum and even some jelly beans and marshmallows.

The probe is partly in response to reports about hospitalizations and even several deaths after consuming highly caffeinated drinks or energy shots. The drinks have not been proven to be a cause in those cases.

The new analysis, by researchers at the Centers for Disease Control and Prevention, shows that at least through 2010, energy drinks were an uncommon source of caffeine for most U.S. youth.

The results were published online Monday in the journal Pediatrics.

The American Academy of Pediatrics recommends against caffeine consumption for children and teens because of potentially harmful effects from the mild stimulant, including increases in heart rate and blood pressure, and worsening

EDITOR'S PICKS

Ebola death toll climbs toward 1,000; victims left in streets

The Ebola scare went global Wednesday as the United Nations held an emergency meeting to deal

Man in NYC doesn't have Ebola: Mount Sinai Hospital

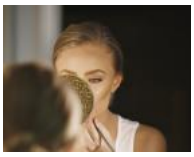
A patient rushed to Mount Sinai Hospital this week with Ebola-like symptoms tested negative for the

Petition asks Dove to 'make 'Real Beauty' more real'

A father-of-two and former advertising executive is asking Dove to practice what it preaches.

Are you a narcissist? Find out with a simple question

You're so vain — and you are proud of it.



Distracted walking takes a toll on New Yorkers

Turns out, smartphone users are just plain dumb. New Yorkers are sending themselves to the

FROM AROUND THE WEB

EDITOR'S PICKS

Ohio man, 90, sentenced for mercy killing of sick wife

A 90-year-old Ohio man who admitted to conducting a "mercy killing" on his wife of 65 years will serve at

Aspirin significantly cuts risk of cancer: scientific review

Taking a small daily dose of aspirin can significantly reduce the risk of developing — or dying from

Woman cured of bone cancer becomes disabled model

A stunning brunette who was cured of bone cancer thanks to a bionic leg has landed a job as a disabled

Drug-delivering tampons could protect women from HIV

Researchers at the University of Washington have developed a tampon

Performing for two: Queens mom-to-be

Michelle Arvin, 39, has passed her July 26 due

anxiety in those with anxiety disorders.

Dr. Stephen Daniels, chairman of the academy's nutrition committee, said caffeine has no nutritional value and there's no good data on what might be a safe amount for kids.

Evidence that even very young children may regularly consume caffeine products raises concerns about possible long-term health effects, so parents should try to limit their kids' intake, said Daniels, head of pediatrics at the University of Colorado's medical school.

The authors analyzed national health surveys from 1999 through 2010, involving a total of 22,000 from age 2 to 22. The children or their parents answered questions about what they ate or drank the previous day, a common method researchers use to assess Americans' diets.

In 2010, 10 percent of daily caffeine came from energy drinks for 19- to 22-year-olds; 2 percent for 17- to 18-year-olds, and 3 percent for 12- to 16-year-olds. For younger kids, the amount from energy drinks was mostly minimal or none during the study.

The average intake in the study was about 60- to 70 milligrams daily, the amount in a 6-ounce cup of coffee or two sodas, said lead author Amy Branum, a health statistician at the CDC's National Center for Health Statistics. For the youngest kids it was much less than that.

Use of energy drinks increased rapidly during the study, even if they didn't amount to a big portion of kids' caffeine intake, and that rise "is a trend researchers are going to keep their eyes on," Branum said.

Soda was the most common source of caffeine throughout the study for older children and teens; for those up to age 5, it was the second most common after tea. Soda intake declined for all ages as many schools stopped selling sugary soft drinks because of obesity concerns.

The American Beverage Association, whose members include makers of soft drinks and energy drinks, maintains that caffeine has been safely added to drinks as a flavor enhancer for more than 100 years.

"In amounts often found in coffee and some energy drinks, caffeine can have a pleasant stimulating or alerting effect," the group's website says.

Maureen Beach, a group spokeswoman, said the study confirms that kids' consumption of caffeine from soft drinks has decreased.

MORE FROM NYDAILYNEWS

- Drop in testosterone helped humans cooperate, eventually led to civilization: study
- Woman tests negative for Ebola in Ohio
- Petition asks Dove to label Photoshopped ads, keep them away from kids
- The Ebola virus: How is it contracted? What are the symptoms? How is it treated?

COMMENTS (1)

[Discussion Guidelines]

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keeps teaching circus tricks

date, but she taught others to fly through the air at

Man treated in NYC 'highly unlikely' to have Ebola: officials

AS CITY officials announced Tuesday that a hospitalized man is likely not an Ebola victim, a

Lollapalooza 'zombie' bites Chicago man

A 29-year-old Chicago man was bitten by an intoxicated zombie while watching an Arctic Monkeys performance Friday evening

'Gluten-free' labeling standards kick in

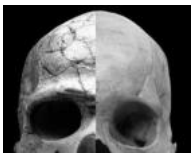
Starting Tuesday, "gluten free" labels on packaged foods have real meaning. Until now, the term "gluten-free" was

Study identifies health benefit of chili peppers

The active ingredient in chili peppers is called dietary capsaicin and researchers at the University of

Drop in testosterone helped humans advance: study

Anthropologists at Duke University say that the near metamorphosis that occurred in the human skull



Second American with Ebola arrives in U.S.

The husband of an American aid worker diagnosed with Ebola says their family — after

START YOUR DAY WITH A LAUGH

"I was a star athlete in kindergarten, but I peaked too soon."

Catch up with classics including Calvin & Hobbes, Doonesbury, Peanuts, Garfield, and more!

Explore our archive of over 200 daily comics today.

TAKE OUR POLL

MAUREEN BEACH

As we've said and this analysis confirms, soda intake among children and young adults has, indeed, declined. And, in fact, as this study makes clear children and adolescents consume less caffeine than they have in previous years. These findings are consistent with an analysis commissioned by FDA (updated in 2012), as well as a published International Life Sciences Institute (ILSI) survey of more than 37,000 people, showing that caffeine consumption in the U.S. has remained stable during the most recent period analyzed.

Also, as noted here: "energy drinks were an uncommon source of caffeine for most U.S. youth." In addition, it's important to note that energy drinks are not intended or recommended for children, as clearly stated on product packaging. This position is further reinforced by energy drink makers' voluntarily pledge not to market or sell these products to K-12 schools.

We'd also like to mention that our member companies offer a wide variety of beverages, from soft drinks and 100 percent juice to teas and flavored waters, all of which can be part of a balanced diet. Many of these beverages are low- and no-calorie options, in smaller portion sizes and include clear calorie labels to help consumers of all ages make informed choices. - Maureen Beach, American Beverage Association

Like REPLY

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MAYO CLINIC

Healthy Lifestyle

Nutrition and healthy eating

Can energy drinks really boost a person's energy?

Answers from Katherine Zeratsky, R.D., L.D.

Most energy drinks contain large amounts of caffeine, which can provide a temporary energy boost. Some energy drinks contain sugar and other substances. The boost is short-lived, however, and may be accompanied by other problems.

For example, energy drinks that contain sugar may contribute to weight gain — and too much caffeine can lead to:

- Nervousness
- Irritability
- Insomnia
- Rapid heartbeat
- Increased blood pressure

Mixing energy drinks with alcohol may be even more problematic. Energy drinks can blunt the feeling of intoxication, which may lead to heavier drinking and alcohol-related injuries.

For most people, occasional energy drinks are fine, but try to limit yourself to about 16 ounces (500 milliliters) a day. If you're consistently fatigued or rundown, however, consider a better — and healthier — way to boost your energy. Get adequate sleep, include physical activity in your daily routine, and eat a healthy diet. If these strategies don't seem to help, consult your doctor. Sometimes fatigue is a sign of an underlying medical condition, such as hypothyroidism or anemia.

There are a few groups for which energy drinks are typically not recommended. If you have an underlying condition such as heart disease or high blood pressure, ask your doctor if energy drinks may cause complications. Pregnant women and women who are breast-feeding may want to especially limit consumption of these beverages.

With the growing popularity of energy drinks, many parents have become concerned about how

much caffeine their kids are getting. The American Academy of Pediatrics recommends that adolescents get no more than 100 milligrams of caffeine a day. Younger children shouldn't drink caffeinated beverages on a regular basis.

With

Katherine Zeratsky, R.D., L.D.

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