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Is caffeine good or bad for us? Some studies show that caffeine might help people respond to things more quickly. Scientists have found out that caffeinated coffee and tea can help protect your heart, brain and other organs from certain diseases. On the other hand too much caffeine can make people anxious and unable to sleep. This is worrisome because we need sleep to stay healthy. Caffeine may also raise your blood pressure, increase your heart rate and make you feel more stressed.

2

You are drinking lots of cola at a party, when it suddenly hits. You are full of energy, you jump around, and you talk too fast. Later on, you can't fall asleep and the next day you're tired and feel awful. Does that sound familiar? Most children already have lots of energy, but those who drink a lot of cola often end up even more wired than others. The beverage includes a lot of sugar but also a substance that produces a lot of energy - caffeine. Like cola, coffee is also full of caffeine. That's why many grown-ups drink it the first thing in the morning to help them wake up.