

Caffeine Lesson

Learning Objectives

- I know why caffeine is not healthy and I should limit or avoid it. I can describe effects of caffeine on the body [5.1E, 5.2E]

Teacher Notes

- Teacher poses the class questions prior to playing the video. I suggest asking students to respond via chat.
- Teacher should pause the video at 3 minutes 50 seconds to allow students to get their materials
- Video run time 7 minutes 50 seconds. Activity time = 6 - 9 minutes: I recommend playing multiple rounds for 2-3 minutes each.

Lesson Steps: Video Outline [Video Link](#)

Step 1 Introduction

- Class Questions: 1) Name 2 drink choices that have caffeine in them? 2) Name 2 drinks that have lots of added sugar?

Step 2 Activity

- Soda stinks is a 3 way virtual tagging game. Students complete tags by exercising and chatting the name of the person they are tagging. The goal of the game is to make the healthiest possible drink choice by finishing the round on Team Water!

Step 3 Closure

- [Exit Slip](#) (see attached)

Assessments

- The class questions assess students prior knowledge by getting them to think about drink choices they know of that have caffeine and sugar in them.
- The exit slip hits more directly on the caffeine. For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit' to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response



Sample Lesson Plan
Virginia 2021 SOL Edition
Created by Tommy Landseadel
Nutrition GR5-NUTR-8
Fifth Grade - 5.1e, 5.2e

Resources/References

- livescience.com

Handouts

see exit slip below



Exit Slip

1) True or False: Caffeine is healthy for kids?

2) Name 2 effects caffeine can have on the body
