

Social Studies, Grade 2  
Unit VI: Lesson B6

Poster: **Caffeine or No Caffeine?**



Research the effects of caffeine. Most people know coffee has caffeine; learn what other foods contain caffeine. Learn why many soft drinks have caffeine added to them. Learn what caffeine does that is harmful to your body.

Decide how you could convince other students to take care of their bodies by not drinking caffeine. Think about why students want to drink cola and other drinks. Think about what might help them decide not to drink anything with caffeine in it.

Make a poster that will help other students decide not to drink cola or other things that contain caffeine.