



What Is Caffeine? Lesson Plan

Audience: Students ages 7 years and older

General program objective: Participants will demonstrate an understanding of the effects of caffeine.

Specific program objective: Participants will identify the origins and some effects of caffeine.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—ask the students what they know about caffeine.
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students reflect on the information provided in the video
- 4) **Exit**—have the students find a product that contains caffeine.

Length of time to complete: 10-15 minutes, depending on length and depth of conversation

Materials Required:

- Note paper and writing utensils
- Multi-media display (e.g. computer monitor, projector, or SmartScreen)
- Access to the internet and YouTube: <https://youtube.com/shorts/IUqHRVtvNxo>
- Optional: paper and drawing materials

Procedure:

- 1) Ask the students what they already know about caffeine (they can write their thoughts, answer in small groups, or discuss as a class):
 - *In what kinds of products do you see caffeine?*
 - *What does caffeine do to the body?*



- *What are natural sources of caffeine?*
- 2) Introduce the short-form video and play for the students.
- 3) Ask the students to reflect on the video (they can write their thoughts, answer in small groups, or discuss as a class):
 - *Where does caffeine come from?*
 - *Why do plants make caffeine?*
 - *How does caffeine work differently in bugs than humans?*
 - *What can too much caffeine do to a person?*
- 4) Have the students find products that contain caffeine. This can be through an online search, coupons pages, or as a take-home assignment. Then, each student can present their product to the class or small group:
 - *Is this a natural or artificial source of caffeine?*
 - *How much of this do you think you should have in a day? Why?*

Further enrichment:

Caffeine Comic Strip! Have the student draw a comic strip demonstrating the origins and effects of caffeine. This can be about bugs eating the plant and/or humans consuming plants or products that contain caffeine.

Notes: