





1. A person might drink coffee to feel:

- a. Sleepier
- b. More alert
- c. Less stressed out
- d. Hungrier

2. Which product is most likely to have added caffeine?

- a. A bar of chocolate
- b. A cup of green tea
- c. An energy drink
- d. A cup of coffee

3. Which product is least likely to contain caffeine?

- a. 
- b. 
- c. 
- d. 

4. In its pure form, caffeine is a:

- a. Liquid
- b. Gas
- c. Gel
- d. Powder

5. Stimulants \_\_\_\_\_ your heart rate.

- a. Raise
- b. Regulate
- c. Lower
- d. Cure

6. What can you infer from the fact that caffeine is a stimulant?

- a. It is only for adults
- b. It can be hard to give up
- c. It is dangerous for most people
- d. It is not technically a drug

7. Jayla has been drinking coffee every day for a year. If she suddenly stops, she might experience:

- a. Fever and achiness
- b. Increased energy
- c. Headaches and irritability
- d. Muscle cramps

8. Who is probably most sensitive to the effects of caffeine?

- a. A middle-school student
- b. A teacher
- c. A parent
- d. A nurse

9. Why is it important to look for caffeine in the ingredients of packaged food?

- a. Caffeine is in many unexpected products
- b. Packaged foods have more caffeine than unpackaged foods
- c. Most packaged foods are caffeine-free
- d. Not all foods list caffeine on the label

10. What is the healthiest way to boost your energy level?

- a. Drink caffeine-free soda
- b. Get a good night's sleep
- c. Replace coffee with organic tea
- d. Cut down on exercise