

## Weighing the Pros and Cons

*An activity of "Why healthy meals beat 'energy drinks'"*

The article "Why healthy meals beat 'energy drinks'" (Page 25, *What's Up*, May 2024) discusses the rising trend of young people consuming energy drinks. How would you decide whether you should follow this trend?

When making a decision, it can be helpful to draw up a list of **pros** (reasons to do something) and **cons** (reasons not to do something). Let's try it!

### Task 1: List pros and cons

Read the article and think about the pros and cons of consuming energy drinks. Then, fill in the table below with your own points. An example has been given to help you get started.

**Question: Should I consume energy drinks?**

Pros (Yes, I should!)	Cons (No, I shouldn't!)
☺ <i>Energy drinks gives me an energy boost.</i>	☹ _____ _____
☺ _____ _____	☹ _____ _____
☺ _____ _____	☹ _____ _____
☺ _____ _____	☹ _____ _____

**Task 2: Discuss in small groups**

Get into groups of four. Present your pros and cons to your group members.

**Task 3: Consider alternatives**

Sometimes, it is helpful to consider the alternative actions you could do when making a decision. For example, in Task 1, one pro given for energy drinks is that they give you an energy boost. But, that is not the only way to get an energy boost! The article suggests sleeping well instead, which will help you stay energised for longer periods.

In the following table, write down some pros for energy drinks that you and your group members have come up with, and brainstorm the alternative actions you could do to achieve the same results.

Pro	Alternative action
☺ <i>Energy drinks gives me an energy boost.</i>	! <i>Sleep well to stay energised for longer periods.</i>
☺ _____ _____	! _____ _____
☺ _____ _____	! _____ _____
☺ _____ _____	! _____ _____

**Task 4: Individual reflection**

Now that you have explored the pros and cons of consuming energy drinks, would you drink them? Why or why not?

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