



Should energy drinks be banned for under 16 year olds?

By Ellis and Dylan

There is increasing pressure on the government to ban energy drinks for under 16 year old due to their high sugar content.

Energy drinks are banned in our school. Is this fair? Our school say they are too unhealthy for children to consume. Are they right?

We surveyed 22 students and staff in school and surprisingly, 14 of them said they agreed with the ban. 5 of these people were teachers (all the teachers surveyed agreed with the ban) but some pupils shared their teachers view on energy drinks.

The reasons given in support of the ban were mainly around the fact that they contain too much sugar and have a negative effect on children in regards to their health and behaviour.

Most students surveyed disagreed with the ban. They like the taste of energy drinks and they feel that they give them more energy during the day at school.

The most popular drink amongst the students surveyed was Lucozade, with 85% drinking it. You could argue that this is not bad for them because Lucozade was originally known as 'The hospital drink' and was created for patients in hospital to give them more energy after being ill. However, others will argue that more recent research has shown that drinks like Lucozade are bad for you due to their high sugar content. Who is right? The debate continues...

Here are some facts:

1 Caffeine is a safe ingredient. In fact, caffeine is safely consumed every day, in a wide variety of foods and beverages.

2 Most energy drinks contain significantly less caffeine than a similarly-sized coffeeshouse coffee.

3 Energy drink products first appeared in Europe and Asia in the 1970s, and became available in the United States in the late 1990s.

4 While energy drinks are a growing category they remain a niche product accounting for just under 2 percent of the total U.S.

5 A report on caffeine consumption among the U.S. population commissioned by FDA in 2009, and then updated in 2010 and again in 2012, indicated that teens and young adults ages 14 to 21 years consume, on average, approximately one-third the amount of caffeine as people over 21 – about 100 milligrams per day.