

YOUTUBE -ISE II

LISTENING 1

TASK 1

That talk is about the pros and cons of energy drinks and also a piece of advice is given at the end - (or words to that effect)

TASK 2

- Energy drinks are quick solutions for enhancing stamina, energy levels, and performance, particularly beneficial for students or workers on deadlines.
- Energy drinks contain caffeine, taurine, and B vitamins, which are believed to enhance physical and mental performance.
- Energy drinks are widely available and easy to consume
- High sugar content in energy drinks can lead to weight gain, dental issues, and an increased risk of type 2 diabetes.
- Excessive caffeine consumption in energy drinks can result in health problems like high blood pressure, heart palpitations, and insomnia.
- Energy drinks can lead to a subsequent crash, negatively affecting cognitive performance.
- Energy drinks are often combined with alcohol, which can impair judgment and increase the risk of accidents or injuries.
- The speaker recommends moderation and healthier sources of energy, like exercise and balanced diets.

How many points would you give yourself?

1.	2.	3.	4.	5.	6.	7.	8.

Tapescript

Do you need more stamina? More energy? Last longer when training? Energy drinks, which have become increasingly popular in recent years, are marketed as a quick and convenient way to boost energy and performance, but they also come with a number of potential risks. Firstly, let's talk about the pros. Energy drinks contain high levels of caffeine, which is a natural stimulant that can increase alertness and mental focus. This can be particularly beneficial for

people who need to stay awake and alert for long periods of time, such as students studying for exams or workers on a deadline. In addition, energy drinks often contain other ingredients such as taurine and B vitamins, which are believed to enhance physical and mental performance. For athletes or people engaging in physical activity, energy drinks can provide a quick burst of energy that can help to improve endurance and reduce fatigue. Another advantage of energy drinks is their convenience. They are widely available and easy to consume, making them a popular choice for people on-the-go who don't have time to prepare a meal or snack. However, with the pros come the cons. One of the biggest concerns with energy drinks is their high sugar content. Many energy drinks contain large amounts of sugar, which can lead to weight gain, dental problems, and an increased risk of developing type 2 diabetes. Another potential problem with energy drinks is the high levels of caffeine they contain. While caffeine can increase alertness and mental focus, excessive consumption can lead to a number of health problems, including high blood pressure, heart palpitations, and insomnia. Furthermore, the combination of caffeine and other ingredients in energy drinks can also have negative effects on cognitive performance. While energy drinks may provide a quick burst of energy, this is often followed by a "crash" that can leave people feeling even more tired and unfocused than before. Lastly, energy drinks are often consumed in combination with alcohol, which can be a dangerous combination. Combining the stimulant effects of caffeine with the depressant effects of alcohol can lead to impaired judgment and an increased risk of accidents or injuries. In conclusion, energy drinks can provide a quick and convenient boost of energy, but they come with a number of potential risks. High levels of sugar and caffeine can lead to a range of health problems, and their effects on cognitive performance can be negative. While energy drinks may be useful in certain situations, it's important to be mindful of their potential risks and to limit our consumption. Instead, we should aim to get our energy from healthy sources, such as exercise and a balanced diet.

