

Informative caffeine

[Food & Diet](#), [Coffee](#)



Caffeine Topic: Caffeine General Purpose: To inform Specific Purpose: At the end of my speech, my audience should understand the beneficial effects of caffeine, the negative effects and discuss what are considered safe levels of caffeine consumption. Thesis Statement: The three areas I will cover in my speech are the beneficial effects of caffeine, the negative effects and discuss what are considered safe levels of caffeine consumption. Introduction Attention-Getter: If you are still standing you are part of a rare group of Americans because statistics show that 90% of Americans consume caffeine daily. Audience Justification: Caffeine is pervasive in our society these days and every few months we hear about how a study has shown that it is bad for us or good for us. What are we to believe? Ethos/Credibility Statement: I have been a big consumer of caffeine in my life and I have consumed it for many reasons. A lot of times I just need the energy and at other times a can of pop really hit's the spot. My parents are both addicted to caffeine and I am trying not to become as bad as they are about it. Thesis Statement: The three areas I will cover in my speech are the beneficial effects of caffeine, the negative effects and discuss what are considered safe levels of caffeine consumption. Body I. The first thing I will cover is the beneficial effects caffeine. A. Caffeine, which comes from the leaves, seeds and fruits of about 63 different plants, is well known as a stimulant. B. Why do we like caffeine? 1. Caffeine has a variety of ' psychoactive' effects, which are assumed to play an important role in influencing the consumption of caffeine- containing beverages. (Peter Rogers, Consumer Sciences Department, AFRC Institute of Food Research) 2. Although this would appear to be contradicted by a failure to find strong reinforcing effects of caffeine, recent studies indicate that

caffeine consumption may, at least in part, be motivated and reinforced by the resultant removal of the negative consequences of caffeine withdrawal.

C. Caffeine does help you wake up and feel more alert and it has been shown to increase attention spans. 1. This is a beneficial effect for people who are driving long distances and for people who are doing tedious work. 2. Calling this a health benefit may be stretching it but in some situations this can be a benefit.

D. Caffeine also contains antioxidants which have been shown to have cancer prevention qualities. Transition: Caffeine has a lot of beneficial effects, but also some negative ones. II. The negative effects of caffeine are largely dependent on how much you . Consume. A. When consumed in small quantities like, for example when you have one cup of coffee or one soda, caffeine can cause your heart rate to increase, you urinate more which can cause dehydration, and your digestive system produces more acid. B. In larger amounts, caffeine can cause you to have headaches, feel restless and nervous, be unable to sleep, and even, in very large quantities to have hallucinations. C. A major negative effect of caffeine is that it interferes with adenosine, a brain chemical that normally has a calming effect and it also aggravates stress in people who drink it every day.([http://www. pnf. org/CoffeeEdited041001. PDF](http://www.pnf.org/CoffeeEdited041001.PDF))

Transition: So now that we have covered the beneficial and negative effects, lets discuss what are considered safe levels of caffeine consumption. III. What is considered a safe level of caffeine consumption? A. According to a Medline article on the National Institutes of Health website, having caffeine in your diet is not of any benefit to your health but moderate consumption is also not considered harmful. B. They say that having up to 3 eight ounce cups of coffee a day or 250 mg of

caffeine is considered (quote) " average or moderate" while 10 cups of coffee a day is considered excessive. C. Also, remember that the amount of caffeine per cup can vary greatly depending on the type of beans that are used and the strength of the brew. E. Also, the effect of caffeine on you personally will depend on a number of factors like your weight, general health, mood and personal sensitivity to caffeine. Conclusion Return to

Attention-Getter/Audience Benefit: You can see that caffeine can have both positive and negative effects on our health and well-being but the bottom line is that if you drink your coffee or sodas in moderation, you don't have to worry too much. So, the next time you are wondering whether you should have that second cup of coffee to perk you up, relax. At least now you know what it is and isn't doing to you. Thesis: The three areas I will cover in my speech are the beneficial effects of caffeine, the negative effects and discuss what are considered safe levels of caffeine consumption.