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DİKKAT:  
KOD KISIMLARI GÖREVLİ ÖĞRETMENLER  
TARAFINDAN DOLDURULACAKTIR.  
BU KISIMLARINDA DYNAMA YAPAN  
ÖĞRENCİLERİN KAYITLARI  
DEĞERLENDİRMEYE ALINMAYACAKTIR.  
KAĞIDA BASILMIŞ KOD NUMARASI İLE  
ÇOKTAN SEÇMELİ KAĞIDIN KOD  
NUMARASI UYUŞMUYOR İSE DERHAL  
SALON SORUMLUSUNA DURUMU  
İLETİNİZ.

## What is the Problem With Energy Drinks?

In industrialized world, people work more than ever. Both men and women are always in a rush, trying to multitasking and having no time. All these tiring and stressful situations take all the energy of people. Because of lack of energy, more people are using energy drinks as a boost. Although energy drinks are really beneficial in theory, they affects people's mental and physical health in a negative way. There are some serious effects of energy drinks on young people but two stand out: Causing addiction and creating only mental boost.

First of all, with all that addictive and dangerous ingredients, energy drinks affect youth to have an addiction. To talk about ingredients, sugar comes into mind first which is the most cheap addictive. The more people take sugar, the more they want sugar. Another component in energy drinks that causes addiction is caffeine. However compared with sugar, caffeine is less harmful. Also, once people get these drug alike sugar and caffeine to their body, their systems get used to it and after a period, body wants more energy drink.

Another effect of energy drinks is the illusion of physical relief which is actually a mental boost. Last research done by Dr. Lewis showed that energy drinks have a Placebo Effect. In the experiment, ten people, who selected randomly, told that they will be given the most powerful energy drink everyday. Even though the energy drink was nothing but juice with extra sugar, at the end people claimed they felt super energized after drinking it. It was not just Dr. Lewis' experiment that indicates energy drinks are just effects people mentally. There was another research which showed coffee gets people more energy than energy drinks. But just because people believe those energy drinks really boost them, they prefer them over coffee.

To sum up, energy drinks affect people to have an addiction and having nothing but a mental boost. In my opinion a balanced diet is a better way to being energized.

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122

33

334



**This is considered a strong essay because:**

In terms of organization, the writer has a clear thesis statement including the two main serious effects of energy drinks. The writer begins with general statements in the introductory paragraph and connects the general statements to the thesis statement with the strong use of connecting words such as "because of" and "although". The supporting paragraphs have strong topic sentences. Although the writer provides effective explanation for the supporting ideas, more details could be added. The writer supports the second topic sentence with an experiment which is a nice way of providing details in the supporting paragraphs. However, no statistical information or experiment is mentioned in the first supporting paragraph. As a writer, it is important to provide equal amount of details and statistical info. in each supporting paragraph. In the conclusion, the writer restates the thesis statement and ends with a final comment as expected. While restating, the writer also mentions the supporting ideas, reminding both the thesis statement and supporting ideas to the reader.

**Things that could be improved:**

The writer seems to have problems with major grammar structures:

**Subject-verb agreement:** "Although energy drinks are really beneficial in theory, they **affects...**"

**Comparative Structure:**

"To talk about ingredients, sugar comes into mind first which is **the most cheap** addictive."

**Gerund / Infinitive:**

"Both men and women are always in a rush, **trying to multitasking...**"

**Active / Passive Voice:**

"In the experiment, ten people **who selected** randomly..."

"It was not just Dr. Lewis' experiment that indicates energy drinks **are just effects** people..."

**Generally**, this essay could have got a higher score if the writer had an improved use of basic grammar structures.