



İTÜ YABANCI DİLLER YÜKSEKOKULU

Kod: 0 8 2 8 2 7

KOD	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	25	50	75							

- 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10
○ 11 ○ 12 ○ 13 ○ 14 ○ 15 ● 16 ○ 17 ○ 18 ○ 19 ○ 20
○ 25 ● 50 ○ 75

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

'What are the effects of energy drinks on young people'

ENERGY DRINKS

'Because' of the technology, the life that we are living, is going to be faster and faster. Therefore, people try harder to catch it. That's why, a great number of young people need something to be more energetic such as energy drinks. Of all the effects of energy drinks on young people, addiction and anxiety seem to stand out. 59

Addiction is the primary main effect of energy drinks on young people. It is obvious that addiction has a strong relation with young people who consume energy drinks. For instance, most of the young people want to stay awake for many reasons and they consume them a lot. Therefore it is easy to make them addict to the energy drinks. In another point, young people are social. Although they do not need to consume it, seeing it from another friend's hand may be a strong reason to drink and to become on addict. In short, addiction is one of the most important effect of energy drinks on young people. 109

Anxiety, may be another effect of energy drinks on young people. It is clear that anxiety is a common issue on young people's lives. For example, the ingredients of the energy drinks may harm the body. It is true that they provide to be awake, however it also cause anxiety. Moreover, young people tend to have anxiety because of the hard life conditions and energy drinks make it easier. In brief, one of the most common effects of energy drinks on young people is anxiety. 85

All in all, there are several effects of energy drinks on young people and the most significant ones are addiction and anxiety. It seems that young people who want to be healthy, need to think twice before consuming them.

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