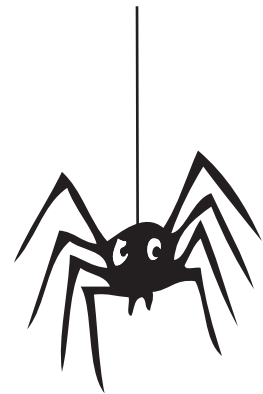
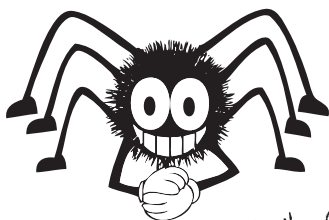


CLEAN WATER IS THE BEST DRINK!

H T L A E H W E N I T O C I N Find the **bold, red** words from
 S B W X L T E N E R V O U S X **red** words from
 G D R I N K S Q U I N I N E E the drug
 U L G A E T A L O C O H C X E information
 R U L P R O B L E M S B E E N below in the
 D P P O I S O N O U S T R S I word find
 T T I R R I T A B I L I T Y H on the left.
 K I D E P R E S S E D R N E P
 E R E K A W A A N T Y S A C R
 N E N T C K A I N C E D L I O
 E D I R O O E T H X A P U O M
 R N A E F F K N E C I B M H E
 G E C L F K I E H R M E I C U
 Y S O A E N M E T S Y S T N X
 R S C H E M I C A L H T S Y W



Many **drugs** are **alkaloids** which are **chemical** substances of **plant** origin.
 The names of these substances often end in "ine". These substances all affect
 the central nervous system in the body and in certain doses are **poisonous**.
 Some of these substances include **nicotine, strychnine, morphine, cocaine,**
quinine and **caffeine**. All of them can cause **health problems**, but some get
 more attention than others. Caffeine is one drug that is used widely in society.
 It is found in **coffee, coke, energy drinks, tea** and a little in **chocolate**.
 These drinks cause people to feel **awake** and **alert** as caffeine is a **stimulant**.
 It whips up their **nervous system** but as its effects wear off, a person may have
 withdrawal symptoms such as a **headache, tiredness, anxiety, irritability,** a
depressed mood and difficulty **concentrating**.
 Remember that clean **water** is always the **best choice** when choosing what to drink!



Did you know that a
 spider cannot make a
 good web when it has
 been given caffeine?

