

Caffeine is probably the most consumed drug in the world. It was less than 200 years ago that people first figured out that the effect they got from coffee was produced by the same chemical agent found in tea. Caffeine also naturally occurs in cacao, kola nuts, and more than 60 other plants.

Europe quickly became a huge consumer of caffeinated drinks at the beginning of the 19th century. It is hardly coincidental that tea and coffee replaced beer as the regular worker's drink just as the industrial revolution was taking hold. Boiling water for tea and coffee helped to decrease the incidence of disease among workers in crowded cities, and the caffeine in their systems kept them from falling asleep over the machinery. Caffeinated drinks today serve much the same purpose, because the drug has been clinically shown to increase alertness if taken in moderate amounts.

A new type of caffeinated drink was introduced in Europe in the late 1980s. Often called energy drinks, these soft drinks are marketed as offering the extra energy as well as a pleasurable taste and have become popular among people who frequent nightclubs or otherwise want to stay up late. Public health officials are concerned about the substantial increase in caffeine consumption among young people, although there is no conclusive evidence about whether caffeine is harmful to children in small amounts. Nevertheless, at least two EU countries, France and Denmark, have banned energy drinks altogether.

(240 words; text adapted from «Why we love caffeine», *National Geographic*, January, 2005)

Després de llegir el text, contesteu les preguntes tot seguint les instruccions que es donen en cada cas. Totes les preguntes valen un punt.

Después de leer el texto, responde a las preguntas siguiendo las instrucciones que se dan en cada caso. Cada pregunta vale un punto.

1. The chemical agent caffeine, which is present in coffee, is also present in which of the following substances?
 - a) Tea
 - b) Wine
 - c) Beer
2. Which of the following sentences has the same meaning as "It is hardly coincidental that tea and coffee replaced beer as the regular worker's drink just as the industrial revolution was taking hold."?
 - a) It is a coincidence that tea and coffee replaced beer as the regular worker's drink just as the industrial revolution was taking hold.
 - b) It is not a coincidence that tea and coffee replaced beer as the regular worker's drink just as the industrial revolution was taking hold.
 - c) Tea and coffee replaced beer as the regular worker's drink at the end of the industrial revolution.
3. Why did fewer people become ill in factories after they started drinking tea and coffee?
 - a) Because tea and coffee contain valuable minerals and vitamins.
 - b) Because factories became less overcrowded.
 - c) Because boiling water eliminated disease-causing agents.

4. Energy drinks were first sold in Europe _____.
5. What do energy drinks offer according the manufacturers' marketing campaigns?

- a) A nice taste
- b) More popularity
- c) A nice taste and more energy

6. What have France and Denmark decided?

- a) They have decided to raise the price of energy drinks.
- b) They have decided to prohibit sales of energy drinks.
- c) They have decided to regulate sales of energy drinks.

7. Fill in the blank in the following rewording of the sentence "the drug has been clinically shown to increase alertness if taken in moderate amounts".

Clinical tests have shown that the drug _____ alertness if taken in moderate amounts.

8. Change the sentence "It was less than 200 years ago that people first figured out that the effect they got from coffee was produced by the same chemical agent found in tea" to begin with the word "people" and replace the clause "that the effect they got from coffee was produced by the same chemical agent found in tea" with the word "that".

People _____
_____.

9. Briefly describe the relationship between the industrial revolution and tea and coffee.

10. According to the text, why public health officials are currently worried?