

Sports Drink Research

Are Sports Drinks Healthier Than Water?

Standard: 22.A.3a: Describe ways to reduce health risks common to adolescents.

1. Read two different articles, from reliable sources, about sports drinks.
Record the websites of the articles.
<https://www.healthline.com/nutrition/sports-drinks#bottom-line>
<https://sites.psu.edu/siowfa16/2016/10/19/does-gatorade-hydrate-you-better-than-water/>
2. What is the title of each article? What is the author's name and credentials?
3. Are the articles written to persuade or dissuade you from using the product?
4. According to the articles, what benefits (if any) are associated with the sports drinks?
5. Based on the article findings, are there any negative effects associated with the sports drinks?
6. Under what circumstances should teens choose sports drinks over water?
7. What is the primary ingredient in each sport drink?
8. Of what benefit are the ingredients to an athlete? Of what benefits are the ingredients to a non-athlete?
9. What benefits do advertisements for these drinks emphasize? (Answer can be based on your experiences, not necessarily information from the article. You can look up sports drink advertisements on YouTube.)
10. What are your personal thoughts on sports drinks versus drinking water?
When do you typically drink sports drinks? Water?