



Academic Writing



Paragraph Writing: Quotations

Energy Drinks

EXAMPLE

Copyright: These materials are photocopiable but please leave all logos and web addresses on handouts. **Please don't post these materials onto the web.** Thank you

Writing Exercise: Paraphrasing

Topic: Energy Drinks

EXAMPLE

Time: 60+ minutes

Level: **** [B1/B2/C1]

Lesson Plan

Aim: To develop the students' ability to write a paragraph using a range of quotes to create a cohesive piece of writing. This type of exercise practises paraphrasing and linking devices.

1. Lead in

Ask students to:

- Discuss why energy drinks are so popular.
- Write down 'the pros and cons of consuming energy drinks' ([students could do some internet research here](#)).
- Decide where they stand. Are they for or against?
- Feed in / check key vocabulary (see next page).

2. Lesson

- Choose three of these quotations and write a paragraph (approx. 120-180 words) on the following: *'The cons of consuming energy drinks far outweigh the pros'*. Use accurate in-text citation and appropriate paraphrasing.
- Distribute the handout of quotes: writing exercise 1.
- Students read the quotes, check any unknown vocabulary, identify the positive and negative statements and then choose **3 key quotes** to put in a paragraph.
- Give 40 minutes.
- Peer feedback ([use the peer review form on page 5](#)) or teacher marks [use marking code: www.academic-englishuk.com/error-correction].
- Distribute the sample answer with questions for analysis ([page 6](#)).
- Students answer the questions with a partner.
- Distribute, display or project answers for the paragraph analysis activity ([page 7](#)).

Differentiation

- Option 1: Reduce the number of quotes from 10 to 6.
- Option 2: Focus just on the pros or cons (pros = quotations 1,3,5,7,9; cons = quotations 2,4,6,8,10).
- Option 3: Students write in pairs or small groups.

Energy Drinks: Writing Exercise 1

EXAMPLE

Task

Choose three of these quotations and write a paragraph (approx. 120-180 words) on the following: 'The cons of consuming energy drinks far outweigh the pros'. Use accurate in-text citation and appropriate paraphrasing.

1. 'Some controlled trials have shown temporary improved alertness and reversal of fatigue after taking energy drinks' (Harvard University, 2024).
2. 'Large [redacted] and blood vessel problems such as heart rhythm disturbances and increases in heart rate and [redacted] children's [redacted] nervous systems, [and] may also be associated with anxiety, sleep problems, digestive problems, [redacted] (NCCIH, 2018).
3. '[redacted], low sugar versions of energy drinks may form a way of boosting energy through caffeine and [redacted] and suppress appetite' (Gipp, 2019).
4. 'Consuming too much added [redacted] weight gain and a number [redacted]. Beverages and foods high in added sugars tend to rapidly spike blood sugar levels, often resulting in [redacted] drop in blood sugar' (University Hospitals, 2023).
5. 'In several [redacted] have been [redacted] (NCCIH, 2018).
6. 'The mounting [redacted] the consumption of energy drinks is detrimental to both the physical and mental wellbeing of [redacted] use' (Gipp, 2019).
7. 'These drinks can help improve your [redacted] and enhancing your rea [redacted] a caffeine-powered academic weapon' (University of Florida, 2024).
8. 'Emerging evidence [redacted] with negative health consequences in youth like risk-seeking behaviours, poor mental health, [redacted] (Harvard, 2024).
9. 'If a patient of mine wants to consume [redacted], I may discuss choosing [redacted] with them' (University Hospitals, 2023).
10. 'Most concerning is a lack of regulation about [redacted] marketing [redacted] (Harvard, 2024).

References

Gipp, A., (2019). *Energy drinks and young people* [online]. Available at: <https://www.bda.uk.com/resource/energy-drinks-and-young-people.html> [Accessed 06.06.2024].

[redacted]. Available at: <https://www.hsph.harvard.edu/nutritionsource/energy-drinks/> [Accessed 06.06.2024].

National Centre for Complementary [redacted] Available at: <https://www.nccih.nih.gov/health/energy-drinks> [Accessed 08.06.2024].

University Hospitals, (2023). *Are Energy [redacted]* <https://www.uhhospitals.org/blog/articles/2023/08/are-energy-drinks-more-harmful-than-coffee> [Accessed 06.06.2024].

University of Florida [redacted] *it or Skip it?* [online]. Available at: <https://recsports.ufl.edu/energy-drinks-sip-it-or-skip-it/> [Accessed 08.06.2024].

Paragraph Peer Feedback Form

EXAMPLE

	Yes	No	Comments <i>Anything missing, unclear or a mistake.</i>
Main Body			
Is there a clear topic sentence?			
Is there a main argument?			
Are the ideas supported?			
Are there [redacted] paragraph?			
Are the ideas commented upon and evaluated?			
Are the [redacted] effectively?			
Is the in-text referencing accurate?			
Is there [redacted] sentence?			
Highlight anything you don't understand.			
Language			
Highlight any vocabulary mistakes.			
Highlight any grammar mistakes.			
Highlight any [redacted] mistakes.			
Organisation			
Is it [redacted] ?			
What [redacted] have they used?			
[redacted] you don't understand?			
Overall			
What did they do well?			
What do they need [redacted] ?			

Sample Answer EXAMPLE

The intake of energy drinks can have several [redacted] health [redacted] adolescents and young adults. Harvard University (2024) claim that energy drink companies [redacted] coercive [redacted] beverages are not sufficiently regulated for them to be frequently consumed. One ingredient they [redacted] can lead to [redacted] problems such as dysfunctional cardiovascular, nervous and digestive systems, as well [redacted] and a [redacted] (NCCIH, 2018; Gipp, 2019). Thus, it can be clearly seen that the consumption of energy drinks among the [redacted] [redacted] the contents of [redacted] and made [redacted] consumers.

141 words

Paragraph Questions

- 1) Is there a topic sentence? What is the topic? What is/are the controlling ideas?
- 2) Is there a main argument?
- 3) Which [redacted]?
- 4) Is it logical and clear? How has the paragraph been organised?
- 5) Is there [redacted]?
- 6) Is there a concluding sentence? What is concluded?
- 7) How are [redacted] incorporated?

ANSWERS

EXAMPLE

Paragraph Questions **ANSWERS**

1) Is there a topic sentence? What is the topic? What is/are the controlling ideas?

Topic: Consumption of energy drinks. Controlling ideas: negative effects on young people.

ALL ANSWERS INCLUDED IN PAID VERSION...