Initial Reflections: After reading through the student sample, what did you notice? What will you include in Part II?

Class Discussion: As a class, and with the teacher’s input, what is required and needed for this paper?

Sample Paragraph:

6 Things You Should Know About Caffeine

1. Know the caffeine limit!

We all know that waking up and having our cup of coffee is nice, or for others, maybe it is having a medium fountain drink during lunch. Yes, there is still caffeine in these little “treats,” but a little bit of caffeine is not going to hurt anyone. Caffeine doesn’t have to be completely eliminated from your diet, but you need to be aware of how much caffeine you drink in one day. Therefore, it is important to know the caffeine limit. According to research “experts recommend consuming no more than 500 to 600 milligrams of caffeine per day if you want to avoid problems like insomnia, upset stomach, muscle tremors and nervousness” (Shatl). And realize, your “tall, 12 fl oz Starbucks coffee” has “260mg” (Shatl) of caffeine. Those little “1.9 fl oz 5-hour energy shot[s]” have “208mg” (Shatl)!! Sure one a day keeps you in that healthy 500-600 mg limit, but if you reach for seconds, you might be taking in too much. You can enjoy that caffeine, but know your limits and read the labels to stay healthy.

Title: How much caffeine are you getting?

Author(s): [Jennifer Stahl](http://go.galegroup.com/ps/advancedSearch.do?inputFieldName(0)=AU&prodId=GRGM&userGroupName=lom_accessmich&method=doSearch&inputFieldValue(0)=%22Jennifer+Stahl%22&searchType=AdvancedSearchForm)

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Full Text:

A cup of coffee can perk you up before morning class, increasing focus and shaking off sleepiness. But experts recommend consuming no more than 500 to 600 milligrams of caffeine per day if you want to avoid problems like insomnia, upset stomach, muscle tremors and nervousness. Unfortunately, even a refill could put you over the edge.

ITEM SERVING CAFFEINE CONTENT

Tall Starbucks coffee 12 fl oz 260 mg

5-Hour ENERGY shot 1.9 fl oz 208 mg

Midol Complete 2 caplets 120mg

Black tea 12 fl oz 45-120 mg

Red Bull 8.4 fl oz 80 mg

Diet Coke 12 fl oz 47 mg

Haagen-Dazs coffee ice cream 4 oz 29 mg

Stahl, Jennifer

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Body Paragraphs (6 total):

1. The first thing you should know is: (your mini-title)

**KNOW THE CAFFEINE LIMIT!**

1. Your claim (what will this paragraph focus, argue, and inform on?):

**CAFFEINE DOESN’T HAVE TO BE COMPLETELY ELIMINATED FROM YOUR DIET, BUT YOU NEED TO BE AWARE OF HOW MUCH CAFFEINE YOU DRINK IN ONE DAY.**

1. Your evidence (what quotes, stats, or lines from your research articles you plan to use?):

**“ EXPERTS RECOMMEND CONSUMING NO MORE THAN 500 TO 600 MILLIGRAMS OF CAFFEINE PER DAY IF YOU WANT TO AVOID PROBLEMS LIKE INSOMNIA, UPSET STOMACH, MUSCLE TREMORS AND NERVOUSNESS.”—JENNIFER SHATL ARTICLE**

**“TALL STARBUCKS COFFEE 12 FL OZ 260 MG**

**5-HOUR ENERGY SHOT 1.9 FL OZ 208 MG” –JENNIFER SHATL ARTICLE**

1. Your discussion points (what do you really want to talk about and say?):

**BEWARE HAVING A REFILL BECAUSE THAT CAN PUSH YOU PASS THE 500-600 MARK.**

**YOU CAN STILL HAVE YOU COFFEE, SOFT DRINK, ETC., BUT READ YOUR LABELS!**