Name_____

Analyze the graphs below and write a reflection on what you think the graphs are communicating to you. To guide you with your response, start with some observations.

- What are the topics of the graphs?
- What quantities are being compared? (If there are x- and y- axes, what do they represent?)
- What are some observations that you can make based on the graphs?
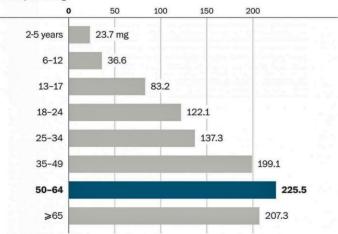- What do you foresee happening in the next 10 years?

Questions to ask when reading graphs:

- Is there an upward or downward trend?
- Are there any sudden spikes in the graph?
- What is being compared in the graph?
- What prediction can I make for the future?
- What inferences can I make about the graph?

Daily caffeine intake by age

Even preschoolers are ingesting it. On average, an eight ounce cup of regular brewed coffee has about 95 mg of caffeine, black tea 47 mg, a cola 25 mg, and chocolate milk up to 16 mg.

Age	Caffeine (mg)
2-5 years	23.7 mg
6–12	36.6
13–17	83.2
18–24	122.1
25–34	137.3
35–49	199.1
50–64	225.5
≥65	207.3

Source: Food and Chemical Toxicology, Jan. 2014
THE WASHINGTON POST

Amount of Caffeine in Common Products
(per 8 ounces, except where otherwise noted)

caffeine, in milligrams

Product	Caffeine
Starbucks regular brew	165
NoDoz (1 tablet)	100
Monster	80
Rockstar	80
Red Bull	76
Starbucks Latte	75
Excedrin (2 tablets)	65
McDonald's coffee	50
Mountain Dew	38
Pepsi	27
Coca-Cola	25
AriZona Iced Tea	11

Data from Mayo Clinic. Graph by NBC Washington.

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