

你累了嗎？

青少年飲用能量飲料的原因與消費習慣探究

研究動機

隨著青少年進入求學階段，犧牲睡眠時間來讀書似乎逐漸成了一種常態，本組組員以問卷調查法了解到青少年在現代社會下，對於能量飲料的了解多寡與飲用頻率、消費習慣 探討飲用能量飲料對於青少年來說是良還是否

藉由這次的專題研究，我們了解到青少年正確健康的提神方式是規律的作息與運動、均衡的飲食、多喝水、不熬夜、少量多餐及避免長時間看著螢幕



研究結論

- 能量飲料是一種機能性飲料，能在短時間內補充人體所需能量。
- 飲用過量可能導致反效果，例如常聽到的心悸或心律不整。
- 三成以上的青少年在每個月會固定購買及飲用，且魔爪為最受青少年偏愛的品牌

Are you tired? zzz

Research on the reasons and consumption habits of teenagers drinking energy drinks

Research motivation

As teenagers enter the schooling stage, sacrificing sleep time to study seems to have gradually become a norm. Members of this team used a questionnaire survey to understand how much teenagers know about energy drinks in modern society, as well as their drinking frequency and consumption habits. Are energy drinks good or bad for teenagers?

Through this special study, we learned that the correct and healthy way for teenagers to refresh themselves is to have a regular schedule and exercise, a balanced diet, drink plenty of water, not staying up late, eating small amounts often and avoiding looking at screens for long periods of time



Analysis conclusion

- Energy drinks are functional drinks that can replenish the energy needed by the human body in a short period of time
- Drinking too much may cause adverse effects, such as heart palpitations or irregular heartbeats that are often heard.
- More than 30% of teenagers purchase and drink it regularly every month, and Mozhao is the most popular brand among teenagers.

