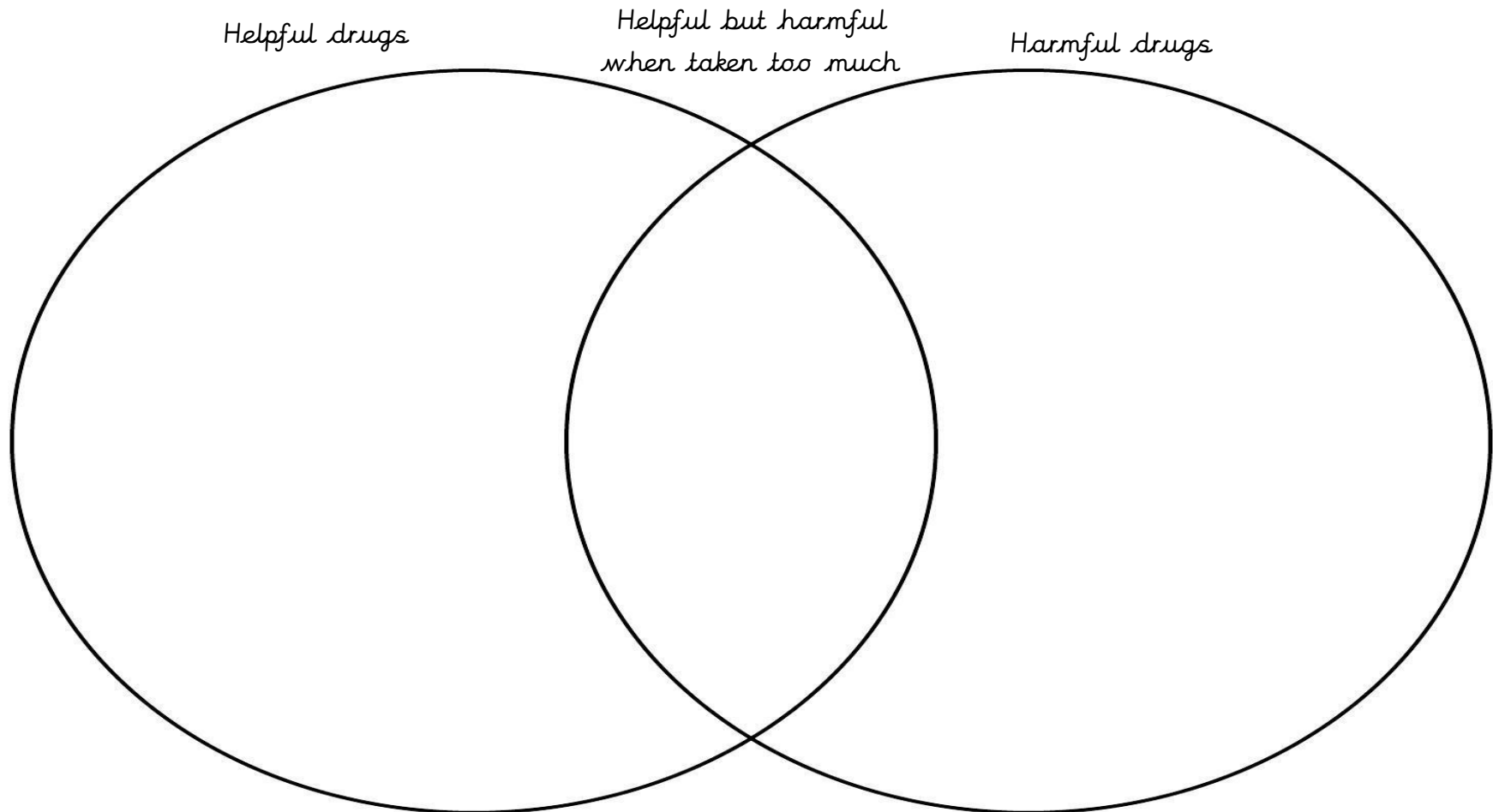


### Helpful or harmful? - Activity 1

Look at the list of drugs and sort them into three categories using the Venn diagram below. Drugs can fit into the three categories of helpful, helpful but can cause harm when taken too much and harmful.

**Example:** Coffee contains caffeine which can help us to stay alert but can also cause headaches and irritability.



**List of drugs:** Cough syrup, Coca Cola, Paracetamol, Chocolate, Antibiotics, Cigarettes, Tea, Alcohol, Coffee, Aspirin, Throat sweets.

Can you add any of your own?

