

Speaker 1: We all know that chewing gum in lessons will get us in trouble, but I get really nervous during tests, especially maths tests. Chewing helps me stay calm. Last week, I saw a programme on TV about chewing gum. I was really surprised! According to experts, we should chew gum, because it's healthy for our teeth – but not gum with sugar, of course. Experts have also discovered that chewing gum makes you focus better and might help you remember things. So I'm going to speak to our maths teacher. She might allow me to chew gum during our next maths test.

Speaker 2: According to my dad, people shouldn't have drinks with caffeine in them before they go to sleep. In fact, teenagers shouldn't have more than 100mg of caffeine a day. Did you know that a can of cola contains about 30mg of caffeine? Well, I love cola and last week I was studying with some friends for a history exam. We ate a lot of junk food and drank litres of cola that evening. After that, I couldn't fall asleep. I turned over and over in my bed. The next morning, I felt terrible! I was really tired and I didn't do well in the exam. Believe me – I won't drink cola before I go to bed again. My advice is: be careful with caffeine.

Speaker 3: I've always loved chocolate, but I stopped eating it because I had so many spots on my face. My skin was really bad. It was very difficult for me to stay away from chocolate because it made me feel good. But then, I read an article on nutrition on the Internet. I was so excited! Doctors don't think that chocolate causes skin problems. Chocolate is actually good for your health! It doesn't contain very much caffeine and makes us feel calm. I've started eating chocolate again and my skin is fine. I know about the calories in chocolate. There are about 500 calories in a big bar of chocolate, so I won't go crazy!