



Student Presentation

Compare/Contrast



ENGL B2b
Unit 1

WHAT IS THE TOPIC OF YOUR COMPARE/CONTRAST PRESENTATION?

- Healthy Drink
- What items or aspects of the topic will you compare/contrast?
 - A. Coffee
 - B. Tea

WHICH ITEM OR ASPECT OF THE TOPIC THAT YOU ARE
COMPARING OR CONTRASTING DO YOU PREFER?

- I prefer Coffee as a better drink to Tea.

COMPARE/CONTRAST CHART

A. Coffee	B. Tea
Contains more caffeine (95-200 mg), providing a quick energy boost, ideal for focus during long study sessions.	Lower caffeine content (20-70 mg), offering a gentler boost, better for relaxation.
Enhances memory, attention, and cognitive function, making it better for mentally demanding tasks.	Improves focus but with milder cognitive benefits, promoting calmness.
Rich in B vitamins, potassium, and antioxidants, supporting brain health.	Contains antioxidants, but with fewer brain-boosting nutrients.
Caffeine is absorbed faster, providing immediate alertness, perfect for tasks needing sharp focus.	Slower caffeine absorption, giving steady, prolonged calmness.
Higher metabolism boost, aiding in increased calorie burn and supporting weight management.	Has a milder effect on metabolism compared to coffee, with fewer metabolism-boosting benefits.

WHAT IS THE MAIN IDEA YOU WANT YOUR READER TO LEARN FROM YOUR COMPARE/CONTRAST PRESENTATION?

- For those seeking a stronger and more immediate mental boost, coffee is the recommended choice.

REFERENCES

- <https://pn.bmj.com/content/16/2/89>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/caffeine-has-positive-effect-on-memory>
- <https://www.mcgill.ca/oss/article/medical-health-and-nutrition/coffee-brain>



THANK YOU!