

Teacher's Guide



Quitting Coffee: Is Life Better Without It? - Upper-intermediate (B2)

Canva Presentation Link: [Quitting Coffee: Is Life Better Without It?](#)

Editable Presentation Link: [Quitting Coffee: Is Life Better Without It?](#)

Editable Worksheet Link: [Student Worksheet: Quitting Coffee: Is Life Better Without It?](#)

Video Link: [I Quit Caffeine for 30 Days](#)

Warm-up

Part 1. Students discuss the questions about their caffeine habits.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage students to explain their reasoning.

Part 3. Students choose the correct definition for each word or phrase.

1. a
2. a
3. b
4. a
5. b
6. a
7. a

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video and decide what the speaker's overall experience of quitting coffee is.

Answer key:

c) Difficult at first, but with some unexpected benefits

Part 3. Students watch again and answer the questions.

Suggested answers:

1. He felt his caffeine intake was too high; it wasn't helping him focus anymore.
2. Cold turkey and tapering off.
3. Headaches, low motivation.
4. He slept more easily and didn't wake up in the night.
5. He decided to continue without coffee for 30–60 more days.

Part 4. Students decide if the statements are true or false.

Answer key:

1. True
2. False – he quit cold turkey
3. True
4. True
5. False – he struggled with motivation and focus

Part 5. Students read each of the quotes and share their thoughts.

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students look at the expressions in bold and explain the meaning in their own words.

Answer Key

1. **Frontloading** – consuming a lot of something at the beginning of the day
2. **Out of control** – becoming excessive or unmanageable
3. **Nursing a headache** – dealing with and recovering from a headache
4. **Gutting** – very disappointing or upsetting
5. **Bouncing out of bed** – waking up with lots of energy

Part 3. Students discuss the questions. Answers will vary.

Final thoughts

Students discuss the questions. Answers will vary.