

studies say 1 in 5 children drinks 10 cans of fizzy drinks a week

To some schools, the machines are worth £10,000 a year

Not drinking enough water can affect concentration

They say too many fizzy drinks can affect your concentration and can also interrupt your sleep, especially the ones with caffeine in.

Drinking water gradually throughout the day means the brain is rehydrated and that boosts the capacity to learn

Teachers at Mason Moor Primary in Millbrook said they had already noticed an improvement in pupils' concentration. Head teacher Sue Nicholson said: "Children are beginning to appear quieter and calmer and much better able to concentrate - skills which we hope will have a marked effect on improving their education attainment."

Carbonated soft drinks

More than 5,560 million litres of carbonated soft drinks are consumed every year in the UK. Such drinks are crammed full of sugars and acid that attack our teeth and may result in dental decay.

Not only are sugary drinks detrimental for oral health, they're calorific and provide little in the way of nutrients. Even drinks labelled 'sugar free,' 'reduced sugar' or 'low sugar' can still contain enough sugar to cause damage to your teeth, and have the same acids as the standard carbonated drinks. Therefore, it's recommended that you replace carbonated drinks in the diet with other options.

Fizzy drink sales restricted

Fizzy drinks have been linked with childhood obesity. The sale of fizzy drinks to school pupils has been limited in another education authority in the United States.

The Seattle Schools Board, in Washington state, has narrowly voted to extend a five-year drinks contract with Coca Cola - but has placed restrictions on sales to pupils.

Middle school pupils will not be allowed to buy carbonated soft drinks during school hours. And vending machines will also have to offer healthy alternatives - such as water and fruit juices.

The decision in Seattle represents a compromise between financial pressures on schools to keep the drinks contract - and the demands of health campaigners to reduce the consumption of fizzy drinks.

There have been growing calls for an improved diet for young people - and the sale of fizzy drinks in school has been particularly criticised.

But the vending machines have also raised revenue for schools - with the Coca Cola deal in Seattle claimed to be worth hundreds of thousands of dollars for school funds.