

# MATERIALS

- 5 Volunteers
- Stopwatch
- Watch (for heart rate)
- Coffee for volunteers
- Water for volunteers
- Observation Journal

# PROCEDURES

1. Take volunteer's heart rate.
2. Have them drink a full cup of coffee.
3. Take their heart rate again after 10 minutes, 20 minutes, and 30 minutes.
4. Record Results
5. The next day take volunteer's heart rate before and after drinking water.

# I heart caffeine

## QUESTION

Does caffeine affect heart rate?

## PURPOSE

I want to learn what effects caffeine has on my body.

## claim

Caffeine will increase my heart rate because I know I am more awake after I drink coffee and I think that will increase the rate my heart is pumping.

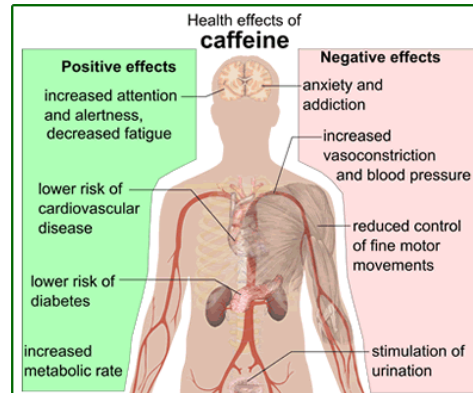
## VARIABLES

independent

Coffee or water

dependent

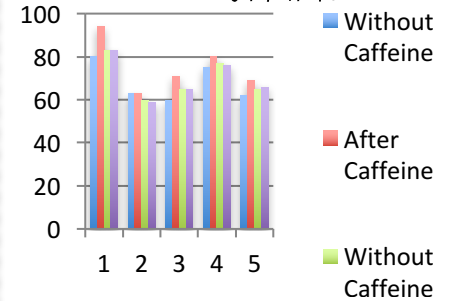
Heart rate



# evidence DATA TABLE

WITHOUT CAFFEINE	AFTER CAFFEINE	WITHOUT CAFFEINE	AFTER WATER
80	94	83	82
63	63	60	59
60	71	65	65
75	80	77	76
62	69	65	66

## GRAPH



## reasoning

From this test I found that caffeine does indeed increase heart rate of an average person. After some research I found that caffeine enters your blood stream and begins to stimulate the nervous system. This stimulation increases the blood flow with then increases your heart rate. Caffeine has a direct ...