



**CALIFORNIA STATE SCIENCE FAIR
2016 PROJECT SUMMARY**

Name(s) Kennedy Avery; Rachel Culver	Project Number J0702
Project Title Healthy Food or Candy? Which Improves Memory?	
Abstract Objectives/Goals Can the types of food we consume while studying and testing improve the outcome of the actual test scores? Which food type proves to improve overall test scores: candy (starburst and smarties) or healthy food (bananas and apples). Our main goal was to see what food or foods improved the memory of students. To measure the improvement in memory we used tests that were self generated. Methods/Materials We conducted our experiment in Junior high classrooms with roughly 18 students per testing group: candy, healthy, or control group. Permission slips were required first because the students were ingesting food. Students would receive either starburst or smarties (candy group), apples or bananas (healthy group), or nothing at all (control group pertaining to their group and a study guide and would then have 10 minutes to study their material. Two days later, this step would be repeated, but tests were handed out instead of study guides. Results The results of our investigation indicated that healthy food improves memory more than candy does. The test results in the healthy food group had an average score of 90%. However, the test scores of the candy test group had an average score of 51%. Conclusions/Discussion Many people know that healthy food is good for you, but many don't know how effective it is and how it improves the function of our bodies. Because of the results drawn from our project, teachers can use fruits and vegetables in their classrooms when studying and testing.	
Summary Statement Our project tested whether healthy food (bananas & apples) or candy (smarties and starburst) improved the memory of students towards test scores.	
Help Received My partner and I received minimal help from our science teacher. We did much of our investigation on our own.	