



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Lan-Anh T. Le	Project Number J1421
Project Title How Does Caffeine Affect the Health of Children?	
Abstract Objectives/Goals QUESTION: How Does Caffeine Affect the Health of Children? HYPOTHESIS: If children take in high amounts of caffeine, then there will be a negative affect on their health. Methods/Materials Scale, measuring stick, doctor's write-up, soft-drinks, water, juice and children (four subjects). Results As I have shown on the poster-board how I compared the four children, its shows that the children who drink water and milk have a higher growth percentage. Even though Jonathan and Michelle (the two that drink only water and milk) are smaller in age, they are still bigger (in height and weight) than Caroline and Richard. In the tests I have performed, it shows that caffeine really does affect the health of children. In the second part of the experiment, I compared their health, height and weight from the beginning to afterwards (in the several months we stopped them from drinking caffeine). It shows progress and that their health has gone up, not a lot, but some in just several months. In the tests I have done, it shows that caffeine does have an affect on children. Conclusions/Discussion In conclusion, caffeine does have a negative affect on children. Based on my data, the health of Richard and Caroline, the subjects who regularly drank caffeinated sodas, were negatively affected. I have shown and described how I determined this conclusion. It is all in the information and graphs of the four children, that prove that caffeine has an affect of children.	
Summary Statement My project is about the negative effects caffeine has on the health of children and in my experiment, it shows the disadvantages caffeine has on children.	
Help Received The help I received in doing this project is my aunt helped me to test Caroline and Richard (the children that helped me in this experiment) in the second part of the test.	