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 References

We found Dr Josh Axe we found him on a website called [www.foodismedicence](http://www.foodismedicence)

And we found another called Dr David Perhmutter on a website called [www.mbgHealth](http://www.mbgHealth)

And are teacher Mr Buckley and some 3rd class.

Introduction

We did this experiment to see if certain food can help your brain and if other certain food can’t help your brain. We hope to learn if good foods help your brain and that bad foods don’t help.

There is problem that children are eating the wrong foods before tests and forget the spellings and getting some of the spellings wrong.

DR

 David

 Perlmutter

Dr

 Josh

 Axe

 Good foods

 Avocados

 Dark chocolate

 Celery

 Blue berries

These all contain vitamin b-12.

 Conclusions

 We learned that when you eat nothing your brain stays the same and when you eat something like avocados, blueberries, celery or dark chocolate. Before they ate the food we asked them to look at 20 things on a table and then we took them to another table then they write down what was on the table on a sheet.

The of the names of the 3rd class that helped us do are experiment

Enda , Alanna, Katie, Gary, Evan, Katlyn, Kayla and Stefan.

Enda on his first test without the food he scored 6 after he ate the food he scored 8 so there was a difference of 2 points. Alanna on her first test she scored 4 after she ate the food she scored 7. Katie on her first test she scored 6 after she ate the food she scored 8.Gary on his first test he scored 5 After he ate the food he scored 7. Evan on his first test scored 3 after he ate the food he scored 6. Katlyn on her first test scored 4 after she ate the food she scored 4. Kayla on her first test she scored 5 after she ate the food she scored 7. Stefan on his first test he scored 5 after he ate the food he scored 5. All togther on their first test thy scored 38 and after they ate the food they all scored 52.

Experiment Method

We took 8 pupils from 3rd class into a room and gave them 30 seconds to look at 20 things on a table. Then we took them to a different table and gave them a sheet and told them to write down as much as they could remember. We added up all the test scores. Later on we gave them avocados, celery, dark chocolate and blue berries. After they digested the food we did it again just with different items and tested them again.