Health Care

***By Muskan Sayed, Iqra Ashiq,
Anda Guinea, Ahrebah Ahmed,
Romeesa Khan, Sadaf Arif,
Eva Deliu and Julia Kotlinska***

General Benefits of Good Health

"Healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behaviour that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good. Healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability."

https://medium.com/@wealthsport1/benefits-of-a-healthy-lifestyle-808b1291d17a

- We have learnt that living a healthy lifestyle can extend life expectancy, but in schools it is common to find students:
- Drinking energy drinks
- Eating chocolate
- Chewing gum

- Our project today is entirely based on gum and how it can help during revision and the test itself.

Gum

- "Gum can help improve test scores if chewed before, not during, testing. The chewing motion gets blood flowing to the head, the researchers suggest, where it improves memory, according to how quickly a test-taker can recall information in the lab. The effect only lasted a few minutes, but researchers think chewing gum before a test could give students an advantage in some ways."

https://www.brainscape.com/blog/2012/06/chewing-gum-test-scores/

Hypothesis

"Chewing gum improves short term cognitive ability as it improves circulation to the brain."

Our prediction is that by chewing gum, people will do better in a test rather than if they did the test without gum.

Method

- Five people in the same maths set do a small maths test.

- They have to be from the same maths set so that it is a fair test. (This will base the results on the effect of chewing gum rather than the ability of the individual).

-Firstly, these five people do the test without chewing gum and then record the results in a table.

- Next, they chew gum for 2 minutes and then take a different test of the same topic and then write the results in the table.

- The results are compared in a bar chart.

Controls

- Everyone gets the same test
- Same amount of time to take the test
- People from the same Maths set (same capability)
- All begin chewing at the same time.

Results

Name	First Test (Without Gum)	Second Test (With Gum)
Anda	3/5	3/5
Ahrebah	1/5	4/5
Iqra	1/5	5/5
Muskan	2/5	4/5
Romeesa	3/5	4/5

Analysis

In conclusion, four out of five people did better in the test whilst chewing gum. One person got the same results with and without chewing gum.
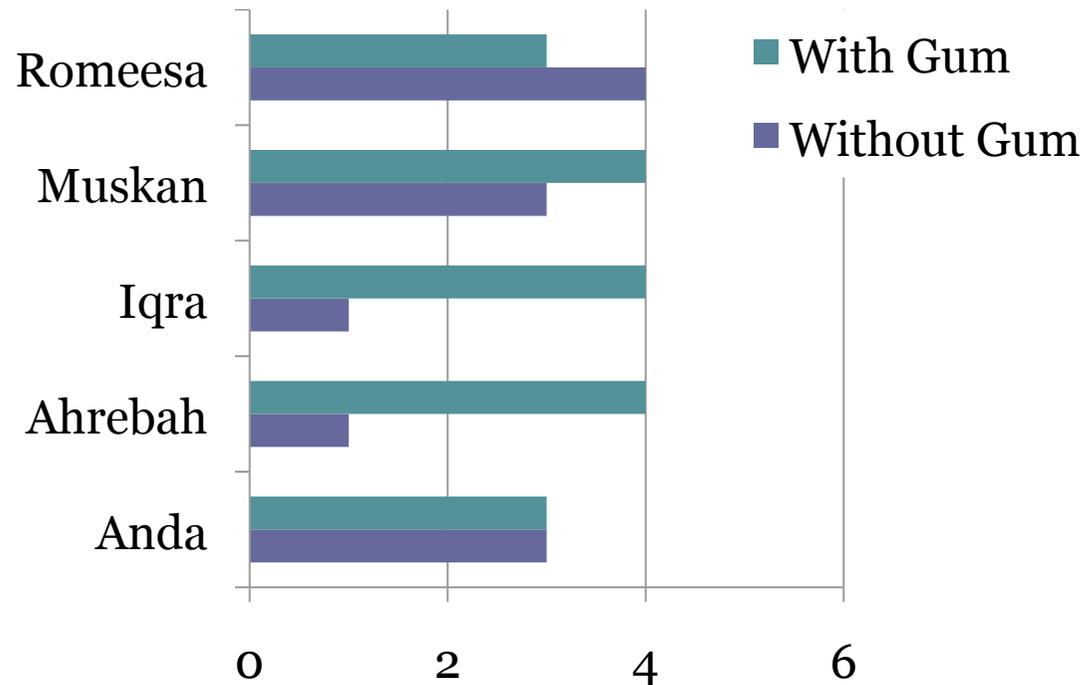
Outcome

- As you can see, this short experiment has proved that chewing gum before test helps a person to get a better grade.

1. By Muskan Sayed
2. Iqra Ashiq
3. Anda Guinea
4. Ahrebah Ahmed
5. Sadaf Arif
6. Romeesa Khan
7. Eva Deliu
8. Julia Kotlinska