

Caffeine



What is caffeine?

Caffeine is an alkaloid compound which is found in some foods/drinks including coffee, chocolate and coke and even found in plants. It acts as a stimulant in the central nervous system.



Addicted
Coca-Cola



Effects of caffeine on the body



It is used as medicine to prevent tiredness but caffeine has many negative effects on the body :

shakes

changes how you behave and feel

harder to fall asleep and stay asleep

heart beats faster and causes an uneven heart rhythm

raises your blood pressure

headaches

nervousness

dizziness

dehydrates you especially after a workout

it's addictive

an overdose can cause death



Effects of coke

What happens to our body after drinking coke:

- eye pupils dilate
- you go to the toilet more
- heart rate increase's

open happiness™

Effects of chocolate

Good effects

Feel good factor - chocolate contains small amounts of tryptophan which helps the brain produce serotonin. It also releases endorphins which relieves stress and offers a natural high.

Blood effects -

Small amounts of dark chocolate eaten daily help dilate blood vessels and ease hypertension.

Bad effects

Weight gain and heart disease.
Saturated fat elevates blood cholesterol which puts you at risk for heart disease and stroke.



A white ceramic cup filled with dark coffee sits on a matching saucer. A silver spoon is placed inside the cup. Wisps of white steam rise from the coffee. The cup and saucer are on a rustic wooden surface, with several dark brown coffee beans scattered around. The background is dark and out of focus.

Effects of coffee?

- **boost awareness and lower drowsiness**
- **reduces the cognitive decline**
- **laxative effect**
- **effects of the cardiovascular system are controversial**

Aim: To find out how the different food/drinks containing caffeine effects a persons reaction time and pulse rate.

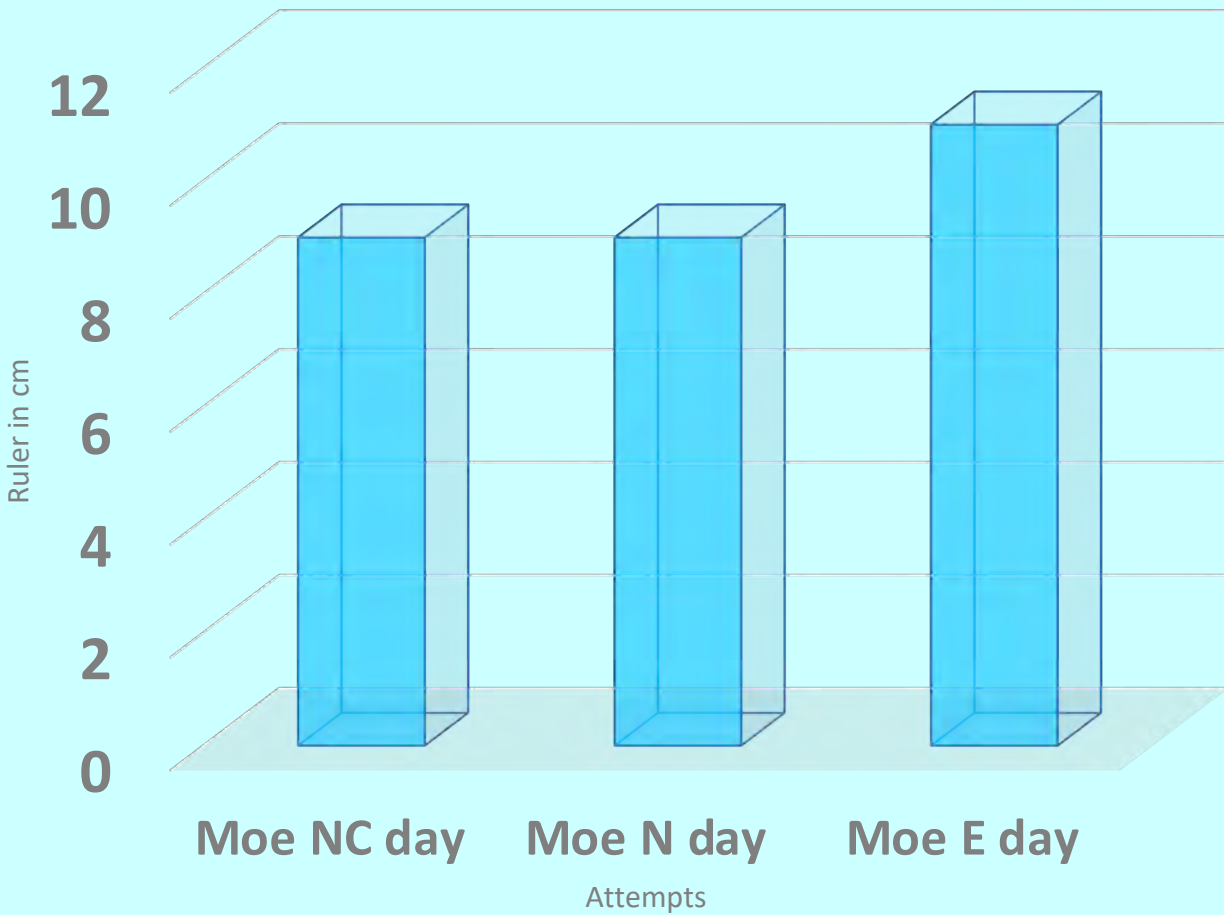
Method:

1. We've had 3 different days and 3 subjects (Moe , Brandon ,Sasha). They all drink coke/coffee and eat chocolate everyday.
2. We chose to do test's on 3 different days: "Normal day" (N) when the subjects drunk/ate as much of the food/drink as they would every other day, "No intake of that food/drink day" (NC) and "Excess day" (E) when they drunk/ate 2 extra servings of the food/drink.
3. Each day we recorded their pulse rate and reaction time
4. After all 3 days we checked the results and drew our conclusions.

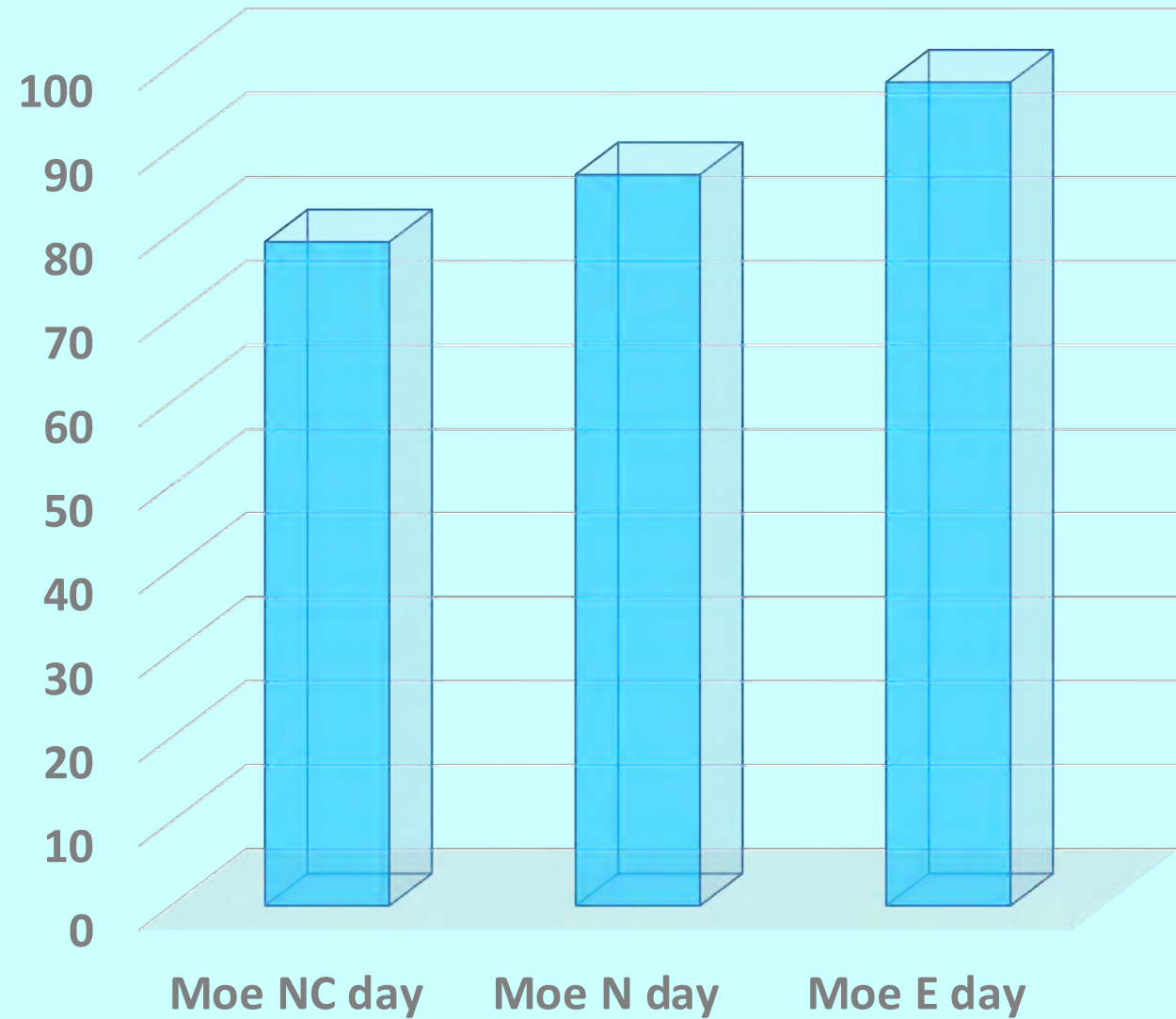
Results:

Moe (coke = 60 mg of caffeine per 500ml)

Reaction time

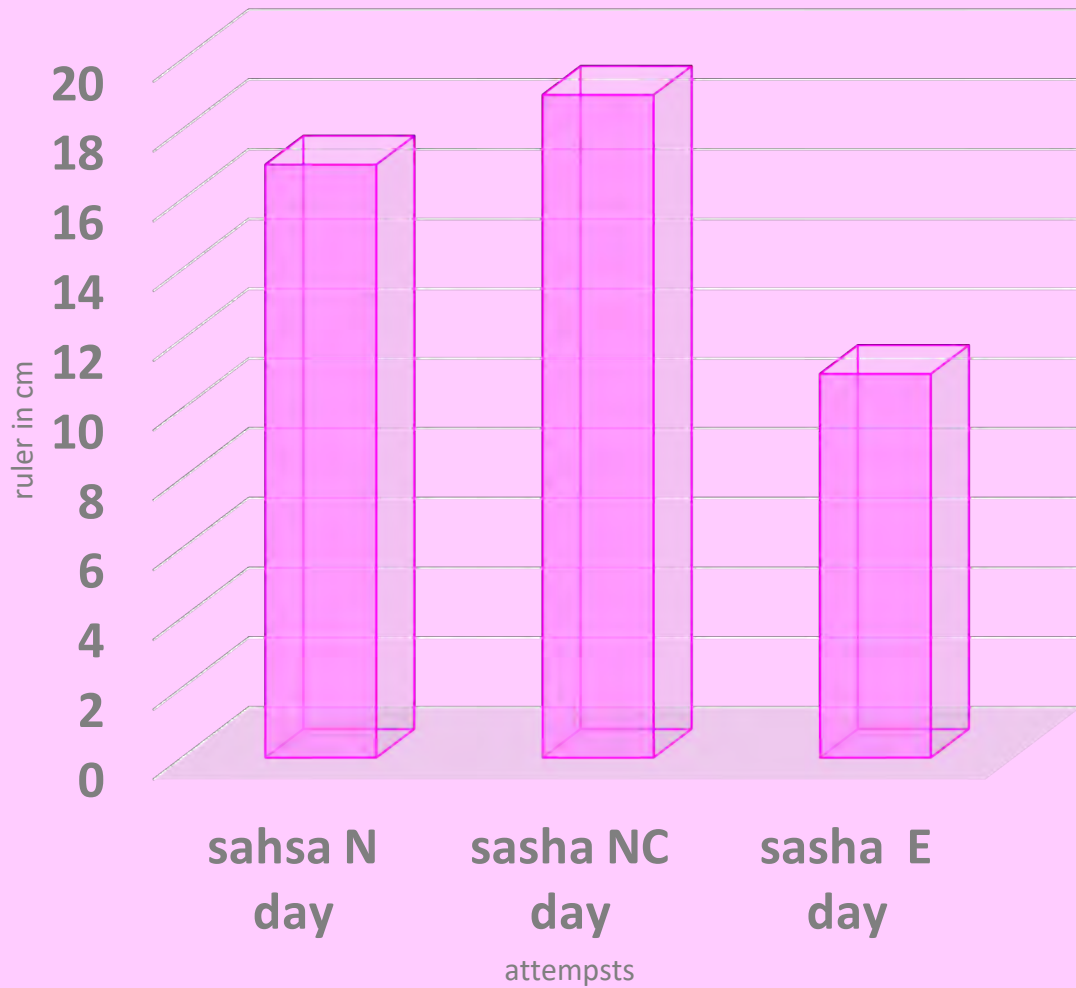


Pulse

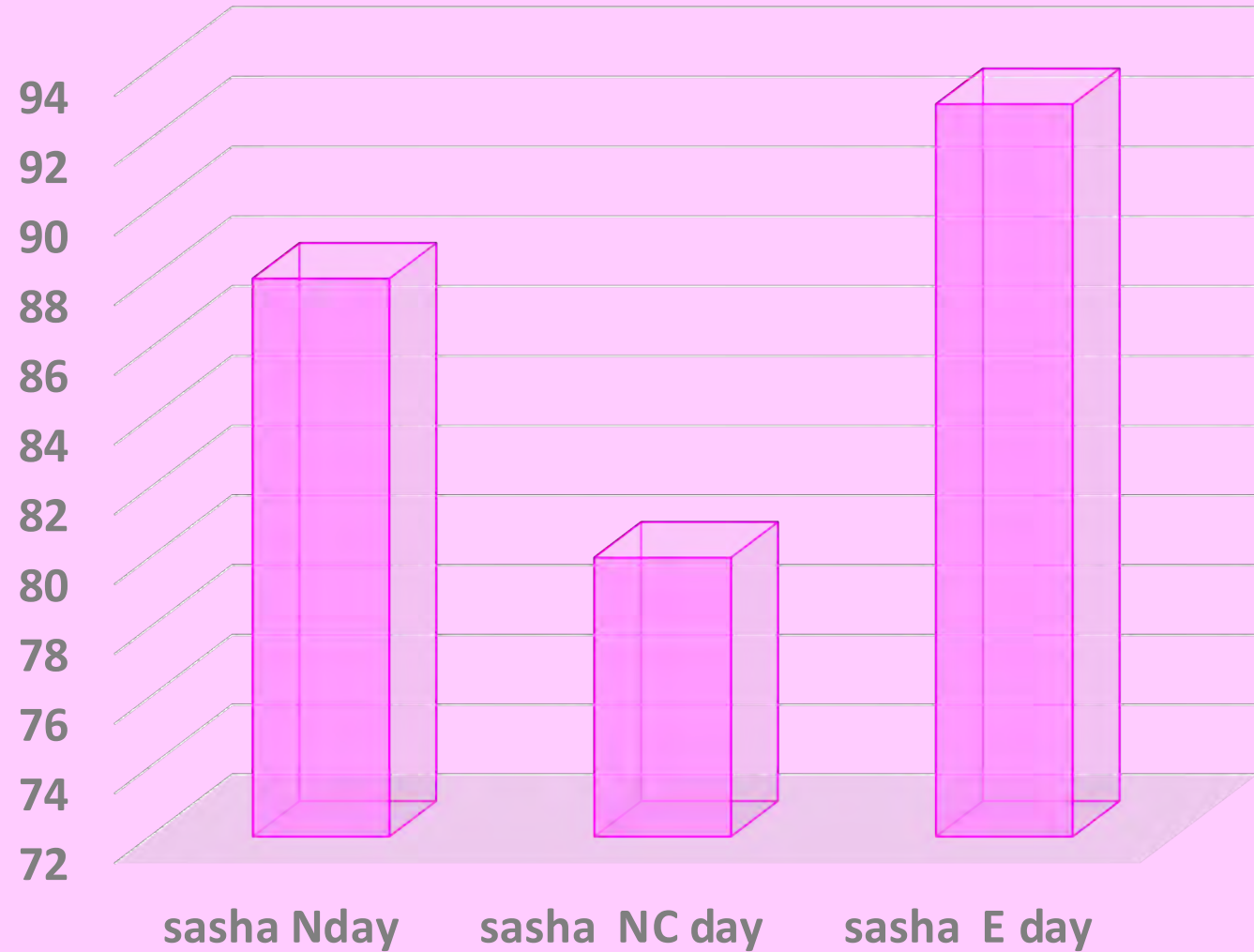


Sasha (chocolate = 22mg per 25gms medium chocolate)

Reaction time

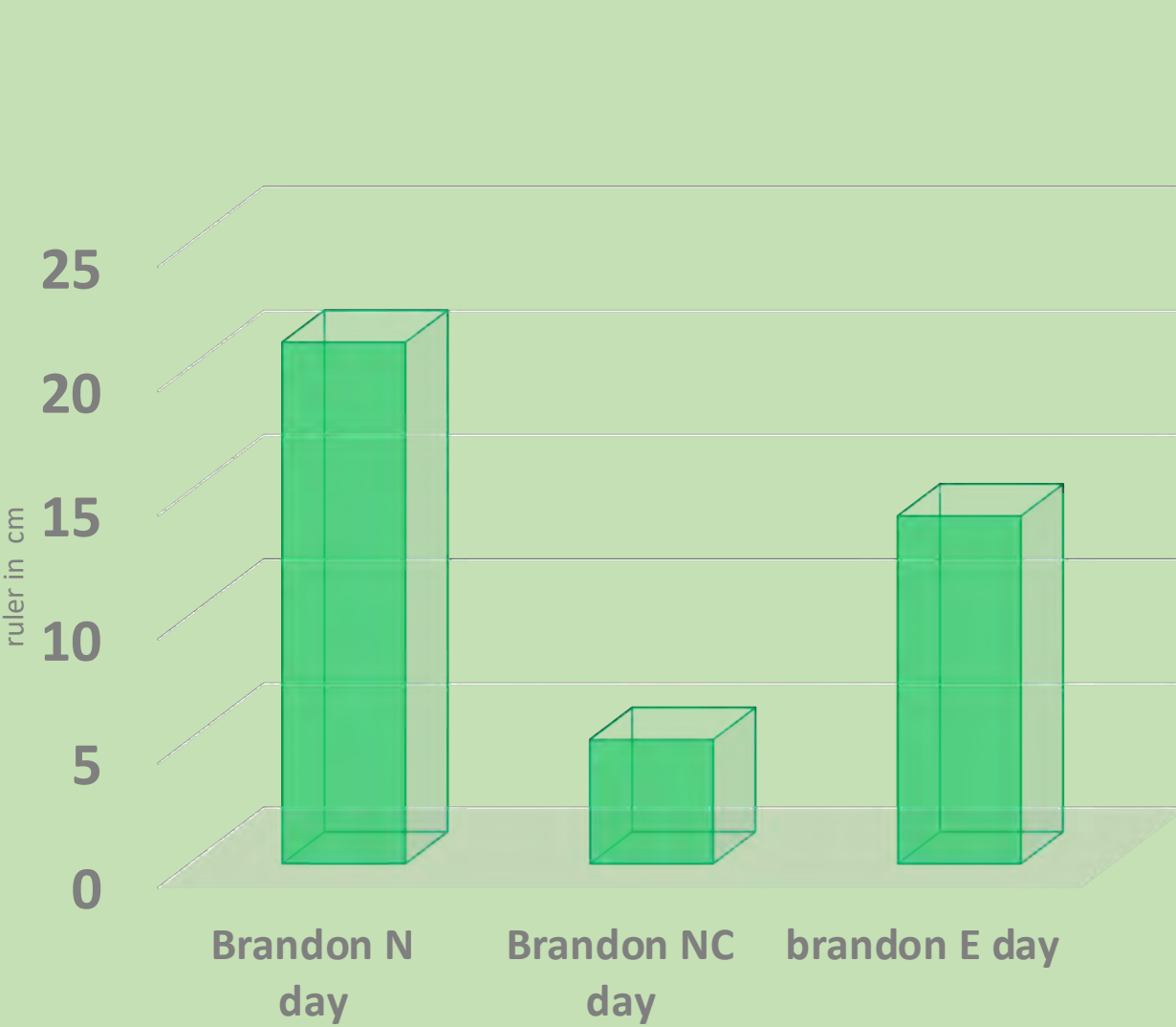


pulse

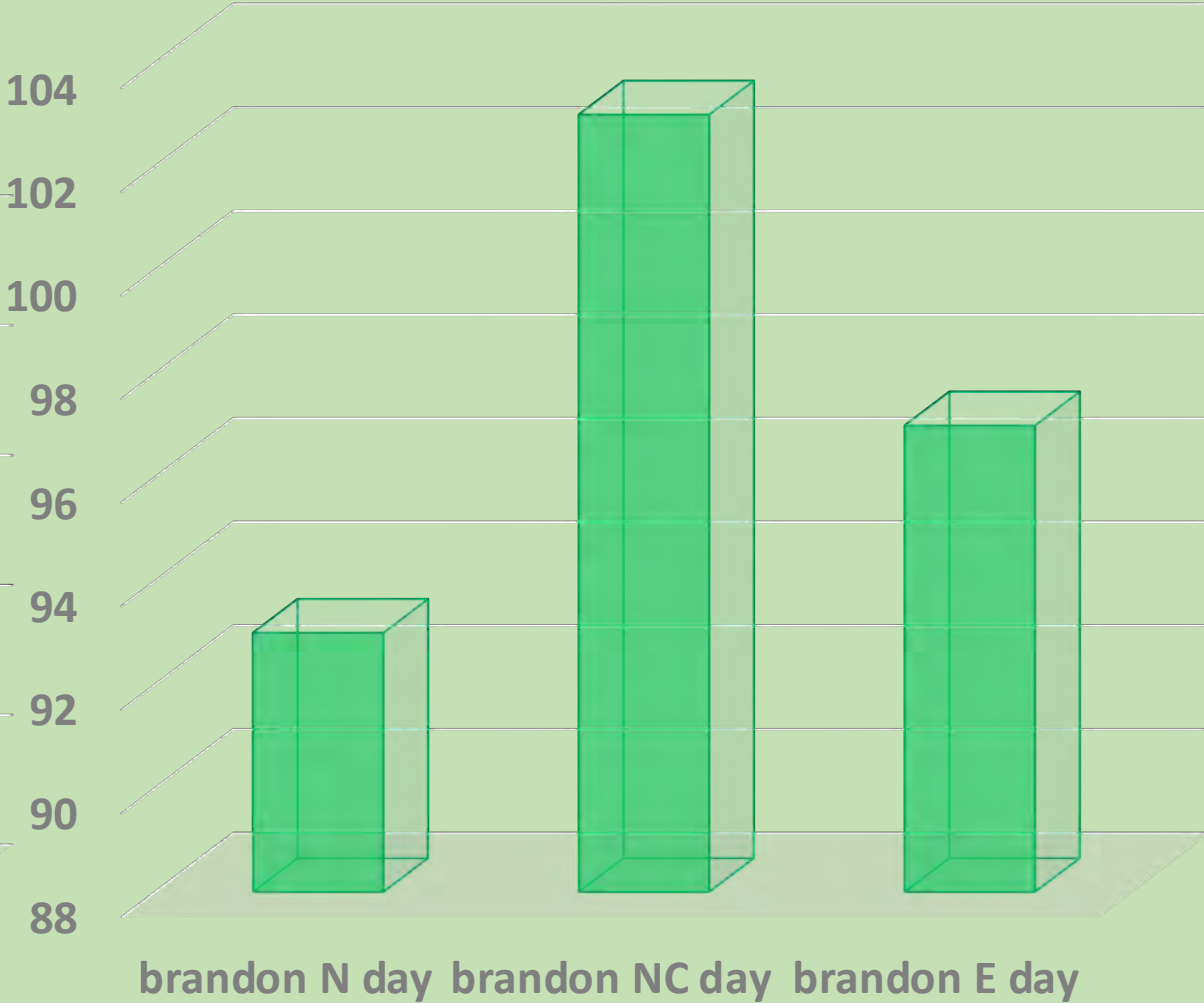


Brandon (coffee = 95mg per 220ml)

Reaction time



Pulse





Before

We put a 1p coin into coke, for 1 week and we checked how the coke affects it. As we can see, there is a thick layer of dry coke on the coin, which we couldn't wash off.



After

We put a 1p coin into coffee, for 1 week and we checked how the coffee affects it. As we can see, the coin came out shiny.

Before



After





125 Years of
Sharing Happiness

Thank You!