

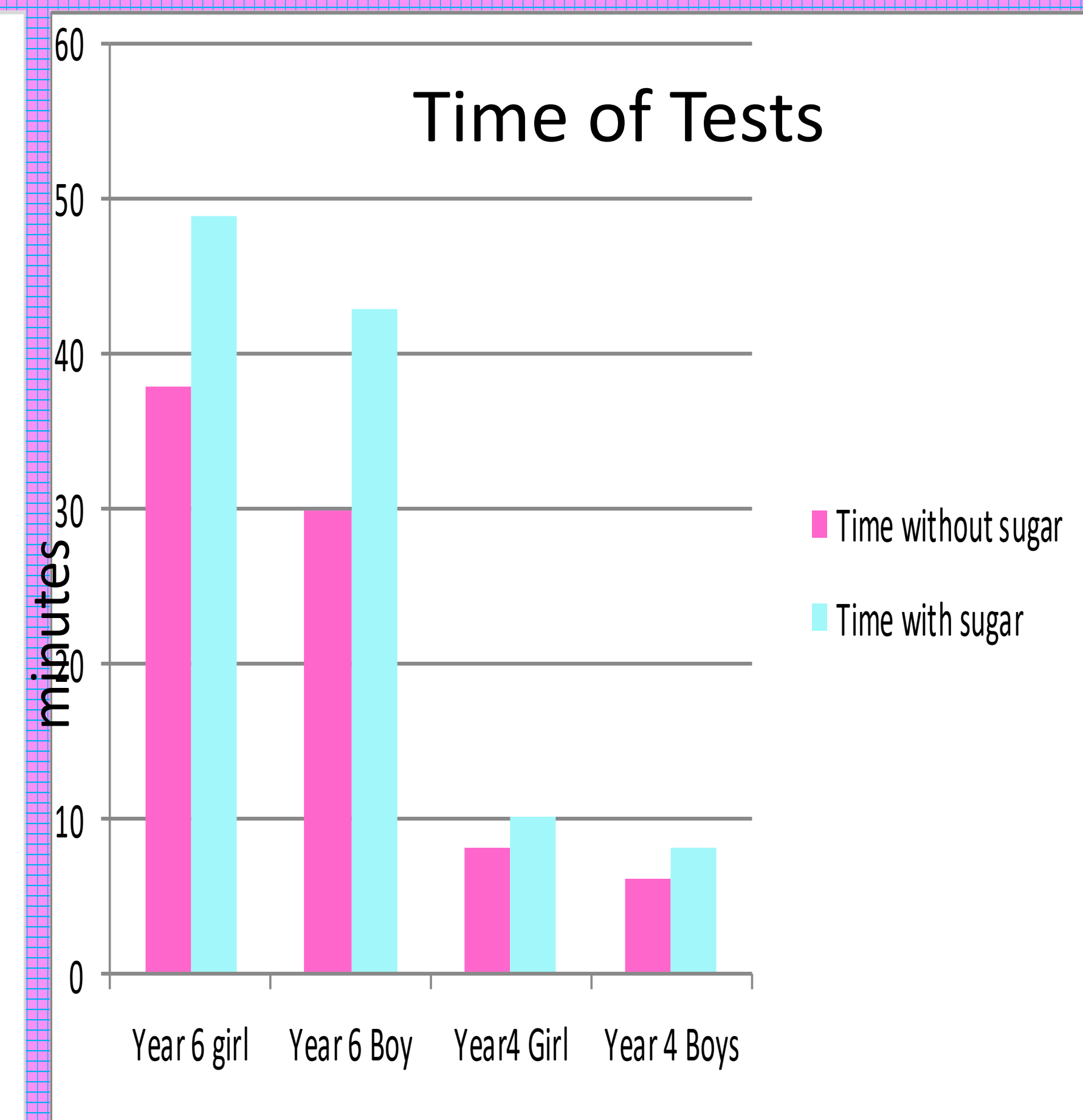
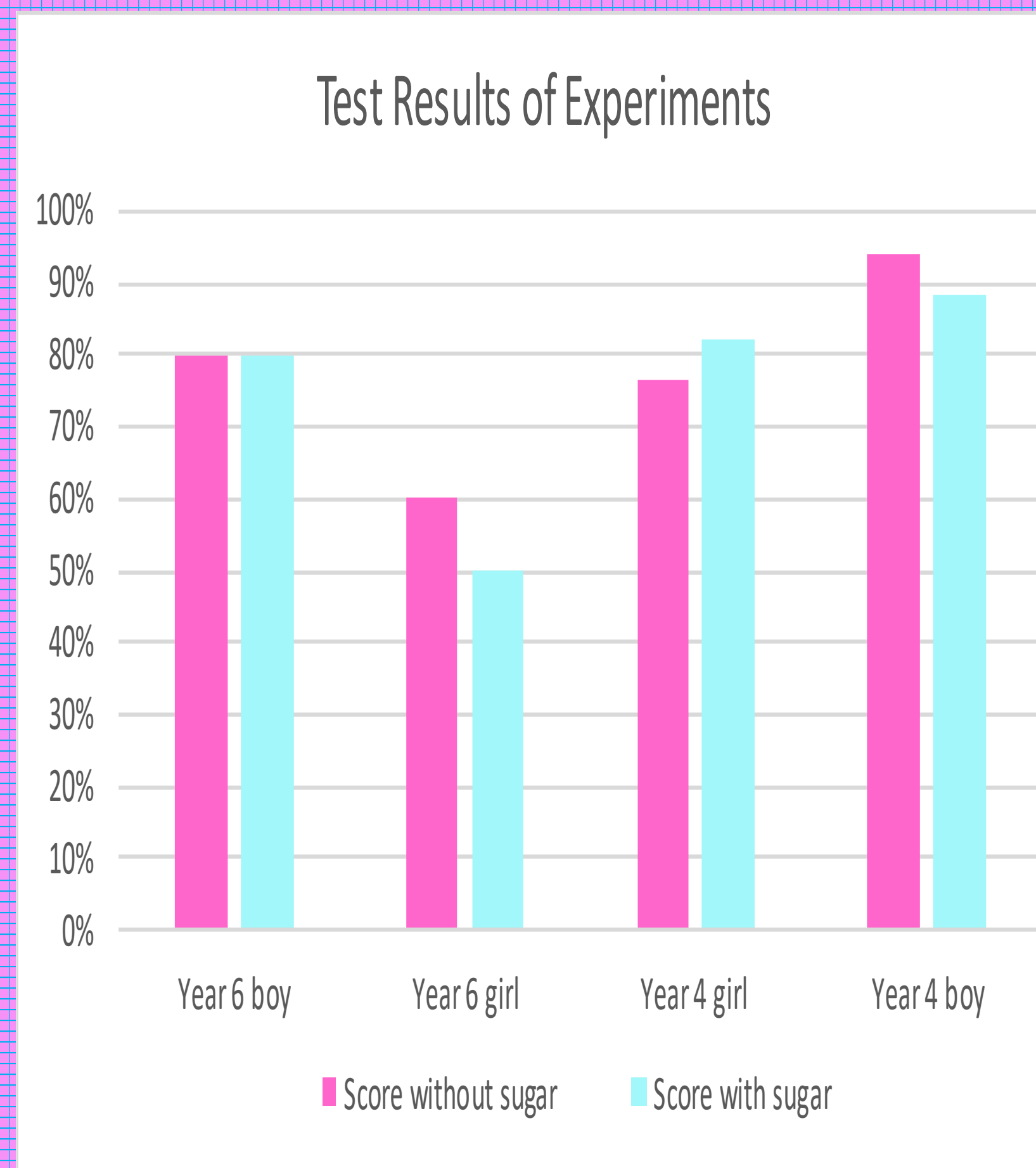
Can an unhealthy recess/lunch effect our learning?

Aim: Our aim is to work collaboratively and uncover if an unhealthy recess/lunch can effect our performance in class. We would like to know if the same recess will react differently on different age groups and gender.

Hypothesis: Our group predicts that an unhealthy recess/ lunch will effect our results and differentiate between different age groups and genders.

Methodology: We got 1 boy and girl Yr. 6 and 1 boy and girl from Yr. 4. To get a base score, we first had each of them complete a maths test after they had eaten a healthy recess. We recorded their scores for comparison. A couple of days later we gave them a mixture of skittles, minties, soft drink and a wiz fizz. We waited until they started to react to the sugar, then gave them a similar maths test for the Yr. 6 to complete in a 40 minute time period. We then put our results on a graph to show our data. And make comparisons.

Analysis: When the students had a lot of sugar they were extremely disruptive to themselves and to each other. They had little to no concentration and were tremendously distracted. The sugar didn't take long to kick in at all. It seemed to effect the boys first then the younger students. The students also took at least 10-15 minutes longer to complete the tests. It took the Yr 6's 30 minutes to complete the test the first time but when they had sugar it took them approximately 40-45 minutes. The Yr 4's times only changed by a couple of minutes.



Improvements: We would test more than 4 students and get a wider variety of data to make our comparisons.

Conclusion: The results of the maths tests didn't change much, but the sugary recess did have an impact on the students concentration, social skills and maturity. Our end statement is that a healthy and balanced recess is the way to go due to the fact that the students all went hyper active , at the end of the day they all had slump which would lead to them not giving 100% and their best work later in the day.

