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Soda Side Effects

The purpose of my project is to see if the certain chosen drinks (Coca-Cola, Sunkist, Mountain Dew, and water) cause any changes in blood pressure and pulse.

The procedure of my project is; Step 1: Gather materials (scale, blood pressure cuff, soda: Coca-Cola, Sunkist, Mountain Dew, water, measuring cup in ounces, timer), Step 2: Make sure that the participant has been calm in the past 10 minutes, Step 3: Measure the participant's weight, blood pressure, and pulse. Step 4: record data, Step 5: Ensure participant's blood pressure and pulse fall into safe and healthy ranges, Step 6: Measure out 1 ounce of liquid for every 10 pounds of the participant's body weight, Step 7: Have the participant drink the liquid, Step 8: Measure the blood pressure and pulse, Step 9: Record data, Step 10: Wait for 5 minutes (make sure the participant is calm and not moving around), Step 11: Repeat steps 8,9, and 10 at 5 minute intervals, Step 12: Clean up supplies.

My data showed that most of the drinks increased the systolic and diastolic pressure. It also increased pulse. My conclusion is that soda does increase blood pressure and pulse and it's because of the amount of caffeine in the drinks.