**Conclusions**

When looking at our data, we realized that it was not as successful as we had hoped. The results were not a clear as they should have been. However, they showed roughly what we expected from the questions. In comparing the amount of iron taken by those who were “sick” and those who were “well” we could conclude that those who were sick often did not have the correct amount of iron in their diet. Iron plays an important role in building up the immune system by increasing the response time it takes for antibodies and white blood cells to reach the infection.

One question asked was if the students regularly had vitamin C in their diet. Without fail, the majority of the students said they did eat sufficient amounts of Vitamin C-rich foods. We can conclude that this did not have a large impact on the students’ health because both the “well” and the “sick” responded “Yes” to having enough Vitamin C in their diet.

In conclusion, we believe that nutrition has an extremely significant effect on our immune system. If we were to repeat this experiment again, we would do a lot of things differently. First, after looking at our data, we realized that the survey questions would not be as helpful as we would have liked them to be. We should have done a lot more research before writing the survey, so we would have had a better idea of what questions to ask. Also, we should have given more examples of food that contained the minerals that we surveyed about. As far as selecting classes to survey, we tried to make it as random as possible. If we were to do it again, we would have made it a simple random sample, by numbering the students in the school, then randomly selecting numbers. Because it would have been very difficult to reach all of those students, we surveyed by class instead. Overall, however, we think that our project was a success.