|  |  |
| --- | --- |
|  | In the first set of tests, group 3 (eventually the fat group) had the best times, averaging 48 seconds a trial, next came group 1 (the carbohydrate group) with 1 minute 12 seconds, and last came group 2 (the protein) group with an average of 1 minute 27 seconds. The mice were at first timid to run through the maze, often back tracking and going back to the beginning. As the trials proceeded, however, the mice began to get more bold and run faster. Also, their times generally decreased as they became more accustomed to and more familiar with the maze.  The mice started from scratch when we reversed the maze's pattern, and they went through the same routine they did when they began the first series of tests. Again the mice backtracked quite a bit, however they did not appear as timid. Just as in the first trials, their times generally decreased as they got more used to the maze.  In the second set of tests, group 1 had the best times, averaging 1 minute. Next came group 3 with 1 minute 19 seconds, and last again was group 2 with 1 minute 35 seconds. Group 1 lowered its time by 12 seconds, showing that increasing one's carbohydrate intake my improve one's memory. Group 2's times were pretty similar, raising 8 seconds from 1:27 to 1:35. This could mean that eating a diet primarily composed of protein worsens one's memory, however we believe that this is not so. 8 seconds is not a very large increase and may have been the effect of a small variable changing, such as the opposite pattern of the maze. Group 3's times raised incredibly from 0:48 to 1:19, raising 35 seconds. This shows that a diet consisting mainly of fat dramatically reduces one's memorization skills. This could be because either fat hinders one's memorization skills, the absence of carbohydrates and proteins hinders the memory, or a combination of the two.  Our hypothesis, that diet does have an effect on memory was supported in our experiment. We were also correct in our prediction that carbohydrates enhance the memory and thinking skills the best. Increasing one's protein intake is likely not to effect the individual, while increasing one's fat intake may greatly hinder the memory and lower thinking abilities. |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)