



**CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY**

Name(s) Codi L. Hirsch	Project Number J1514
Project Title The Teeter-Totter of Tea	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My goals were to find out what the effects of Black Tea and Chamomile Tea would have on an adult's heart rate.</p> <p>Methods/Materials The materials I used for my procedure were two boxes of Tazo Black Tea, two boxes of Tazo Chamomile Tea, a tea kettle, tea cups, adult participants, a calculator, a stopwatch, and an eight ounce measuring cup.</p> <p>Results The results showed that Caffeinated or Black Tea raised an adult's heart rate at an average of 14.2 beats per minute. Chamomile Tea lowered an adult's heart rate at an average of 4.7 beats per minute.</p> <p>Conclusions/Discussion In conclusion, I found that by looking at my results, my hypothesis was partly correct. I had thought that caffeine would raise an adult's heart rate at an average of 3 beats per minute and Camomile Tea would lower an adult's heart rate at an average of 2 beats per minute, having a lesser effect on the heart rate than caffeine. The reason why my hypothesis was only partly correct was that my results showed that Black Tea and Chamomile Tea both had a greater effect on an adult's heart rate than I thought. Yet, caffeine did have a greater effect on an adult's heart rate than Chamomile Tea.</p>	
Summary Statement My project is about the effects of caffeine and Chamomile Tea on an adult's heart rate.	
Help Received None	