

ABSTRACT

This experiment is trying to determine whether chocolate improves short-term memory or not. The hypothesis is that chocolate improves short-term memory. The experiment was carried out by creating two picture templates each of 14 distinct images that are easily identifiable, then giving participants 30 seconds to memorize as many of the 14 pictures as possible from the first template. Two age groups were used for this experiment: 10 to 34 years, and ≥ 35 years. These specific two age groups were chosen because the frontal lobe, the part of the brain in charge of short-term and long-term memory, fully develops at the age of 35. When the 30 seconds were over, participants were asked to recite all the pictures they were able to remember, their score being recorded. Then, they were given 24.75 grams of Hershey's milk chocolate and were asked to wait 15 minutes for proper digestion/absorption to take place before they were experimented on again. During that time, participants were not allowed to consume anything else so that the results would remain as accurate as possible. After the 15 minutes were over, participants were given a second picture template and were asked to do the same, with the same time given. When done, the scores were compared. In the age group of 10 to 34 years, 80% of the participants had improved results after the consumption of chocolate. Additionally, in the age group of ≥ 35 years, 90% of participants had an increase in results after the chocolate was consumed. Therefore, the conclusion that was made at the end of this experiment was that chocolate does improve most people's (with age variation) short-term memory.