

Controlled Experiments Worksheet

Name _____
Date _____ Period _____

Question: “Does eating high-sodium foods cause high blood pressure”?

Collecting Data: Things to find out before designing an experiment would include:

- What are examples of high-sodium foods?
- What is the maximum amount of sodium that is recommended for a person to consume?
- Is blood pressure related to genetics?
- Is blood pressure related to age?
- Do other parts of one’s diet influence blood pressure?
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Add two more questions to the list above.

Create a hypothesis: The hypothesis must include a prediction. It must be written so that the outcome is predicted, based on what the scientist thinks is true.

- If eating high-sodium foods causes high blood pressure, then _____

Test the hypothesis with a controlled experiment:

Control Group	Experimental Group
	200 men between the ages of 30 and 40. No family history of high blood pressure. Work moderately stressful jobs and have stable personal lives. Eat foods high in sodium; diet exceeds the recommended 200mg per day. Sodium amount >300mg. Total calorie intake between 2500-3000 cal/day. Blood pressure will be taken by a nurse once a month for a year.
Independent Variable:	
Dependent Variable: Blood pressure	
Controlled Variables:	