

Name:..... Date:.....

Vitamins

Carry out your own survey to find out if vitamin C might help prevent colds. Start by answering the questions on the **Cold survey sheet** for yourself and analyse the data collected in your class. Then collect data from other family members and friends, including a range of ages and an equal balance of males and females.

A cold survey

Does vitamin C help prevent colds?

What you do

Use the **Cold survey summary sheet** to help you get an overall picture of your results. Use both the **Cold survey summary sheet** and the individual **Cold survey sheets** to answer the questions.

Questions

1. What is the average length in days of a cold? (Use Q4)
.....
2. What are the most common symptoms of a cold? (Use Q5)
.....
3. What are the most popular medicines taken? (Use Q6)
.....
4. What percentage of participants take vitamin C? (Use Q7)
.....
5. What percentage think vitamin C helps to stop getting a cold? (Use Q8)
.....
6. What percentage do something other than take vitamin C? (Use Q11)
.....
7. Does your survey show that taking vitamin C stops people getting colds? (Use Q3 and Q11)
.....
8. Does age affect the length of a cold and the symptoms? (Use Q1, 4 and 5)
.....
9. What do people in your survey think about vitamin C and colds? (Use Q8, 9 and 10)
.....
10. How do the results of your survey compare to the one by the Swiss doctor in **Catching a cold**?
.....

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Presentation

- Present your survey data to show your answer to the question, 'Does vitamin C help prevent colds?'
- You can use diagrams, graphs and charts in your presentation.
- The data could be presented as a report or as a poster for display.
- Make sure the answer to the question is clear and that you use evidence to support this.

Cold survey sheet	
Name of person doing the survey	
Participant number or name	
1. Age	
2. Sex	Male / Female
3. When did you last have a cold?	
4. How long did it last?	
5. What symptoms did you have?	
6. Did you take any medicine? If yes, what medicine(s) did you take?	Yes / No
7. Did you take vitamin C to help with your cold? Explain why / why not.	Yes / No
8. Do you think vitamin C can help you not get colds? Explain why you think this.	Yes / No
9. Do you think vitamin C can help make colds shorter? Explain why you think this.	Yes / No
10. Do you think vitamin C can help make colds less bad? Explain why you think this.	Yes / No
11. Do you do anything to help you not to get colds? If yes, what do you do? Explain why you think this will help you stop getting colds.	Yes / No

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Cold survey summary sheet

Number of participants (total):

Number aged:

under 16	16-20	21-30	31-40	41-50	Over 50

Number of males: Number of females:.....

Number with a cold within last week:

Number with a cold within last month:

Number with a cold within last year:

Number with a cold lasting 1 day:

Number with a cold lasting up to 3 days:

Number with a cold lasting up to 1 week:

Number with symptoms:

- runny nose:
- blocked nose:
- high temperature:
- cough:
- sore throat:

Number that took medicine:

Number that did not take medicine:

Number that took extra vitamin C:

