

# STUDENT GUIDE

## EXPLORE 2 LESSON 21



### Part 1: Our Motivation

Record what we were trying to figure out that led to this investigation.

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### Part 2: Analyzing and Interpreting Data

Use the Lesson 21 Data Set handout, and review the experiments scientists conducted to explore how recovery beverages can help restore muscle glycogen after exercise. Summarize the methods that they used, the data they collected, and their findings.

Data Set 1	Data Set 2

Compare the goals, methods, and findings from the two studies. Explain if you think the findings are consistent with one another and why.

How did scientists use the lens of stability and change in designing and analyzing the results of this study? Is this consistent with how we've seen scientists use this lens previously?

What conclusions can you draw about how milk helps our bodies recover after intense exercise?