



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

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Project Title
What Cereal Absorbs the Most Milk?

Abstract

Objectives/Goals

To determine what cereal absorbs the most milk out of Grape Nuts Flakes, Special K, Total and Wheaties.

Methods/Materials

1. Measure 8 oz. of Wheaties and pour it into a bowl.
2. Measure 7 oz. of 2% milk and pour it into the bowl with the cereal and let it sit for 3 minutes.
3. After 3 minutes, sift the rest of the milk into the measuring cup and see how much milk is left. (while sifting, do not shake or stir, just let sit)
4. Subtract the amount of milk ended with from the amount of milk started with which will equal how much milk the cereal absorbed.
5. Repeat this procedure 14 more times, so you have done the experiment 15 times for each cereal. (Grape Nuts Flakes, Special K and Total) which is a total of 60 trials.

MATERIALS: 18 oz. of Grape Nuts Flakes, Special K, Total and Wheaties

- 3 gallons of milk
- 1 bowl
- 1 Stopwatch

Results

Grape Nuts Flakes absorbs the most milk and Total absorbs the least amount of milk. These results tell me that Total is the cereal that will stay the crunchiest the longest out of all the cereals I tested.

Conclusions/Discussion

The purpose of this experiment was to determine if Wheaties, Total, Special K, or Grape Nuts Flakes would absorb the most milk. My hypothesis was correct when I said that Grape Nuts Flakes would absorb the most milk. The average milk absorption for Grape Nuts Flakes was 2.42 oz., Wheaties was 2 oz., Special K was 1.9 oz. and Total was 1.66 oz. Therefore, Grape Nuts Flakes gets the soggiest faster and Total is the cereal that will stay crunchier longer.

Summary Statement

I tested the milk absorption in cereal and Total came out to be the least absorbant and Grape Nuts Flakes was the most absorbant.

Help Received

no one helped me with this project