



**CALIFORNIA STATE SCIENCE FAIR  
2010 PROJECT SUMMARY**

<b>Name(s)</b> Grant M. Kohne	<b>Project Number</b> <b>J2213</b>
<b>Project Title</b> Is There Iron in Cereal?	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> Does the percent daily value of iron stated on the cereal box correspond with the amount that is extracted?</p> <p><b>Methods/Materials</b> Five cups of five different cereals (Total, Froot Loops, Rice Krispies, Wheat Chex, and Special K) Super strong ceramic magnet 25 Ziploc bags 50 cups of water 25 dinner plates Balance scale</p> <p><b>Results</b> Total (PDV=100%) has a lot of iron, Wheat Chex (PDV= 80 %) has some iron, Rice Krispies (PDV=50%) has none, Froot loops (PDV=25%) has a lot of iron, and Special K Bar (PDV=0) has none.</p> <p><b>Conclusions/Discussion</b> Does cereal really have iron in it as it says on the box? Yes and no, because all of the cereals that said they had iron in them really did except Rice Krispies said it had 50 PDV in it yet I was not able to extract any iron from it.</p> <p>the percent daily value of iron stated on the cereal box corresponded for Total Wheat Chex and special K bar but not for Rice Krispies and Froot Loops.</p>	
<b>Summary Statement</b> iron in cereal	
<b>Help Received</b> mom helped extract the iron, dad went out and bought all the cereals grandma and grandpa because they helped me come up with ideas for my investigative questions and hypothesis Mrs. Schmidt for lending me the balance scale.	