CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY

Name(s)
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Project Number
J0422

Project Title
Investigating Whether Kids Can Mistake Vitamins for Candy

Abstract

Objectives/Goals
My objective is to determine if children from ages 5-8 can tell the difference between vitamins and candy.
Vitamins can be harmful if too many are taken at once.

Methods/Materials
I went into the Kindergarten, 1st, and 2nd grade classrooms at my school. I had each student come to a back table and had them determine which product was vitamins, and which was candy.
I placed the different products in plastic cups. They just had to tell me which one they thought was the candy.
The products I used were:
Candy - Sweet tarts, jolly rancher fruit chews, spice drops, sour patch, pez
Vitamins - poly/vi/flor, toy story vitamins, jolly rancher vitamins, your life vitamins, Flinstone Complete

Results
Kindergarten - 29% could not determine candy from vitamins. more than I/4 of the class
First Grade - 22% could not determine candy from vitamins.
Second Grade - 33% cold not determine candy from vitamins.

Conclusions/Discussion
On average, about 1/4 of the kids could not determine the difference between candy and vitamins. This shows that kids can easily mistake this. Companies purposely try to get their vitamins to look appealing. If a child thinks it is candy and takes too many, they could have an allergic reaction, or a worse case scenario of an overdose. Parents need to put their daily vitamins out of reach of little kids. Do not leave them out.

Summary Statement
My project will determine if kids ages 5-9 can tell the difference between vitamins and candy.

Help Received
Teacher taught scientific method, provided classroom help with experiment. Parents helped in purchasing materials. They also helped put board together.