



**CALIFORNIA STATE SCIENCE FAIR
2013 PROJECT SUMMARY**

Name(s) Mary E. Jolly	Project Number J0505
Project Title Meaty Decisions: Which Size and Type of Meat Is Digested the Most in a 24 Hour Period?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My goal was to discover which size and type of meat will digest the most in a 24 hour period.</p> <p>Methods/Materials For my experiment I cut up pork, chicken, and beef into both large and small bite sized pieces, and after weighing them, left them overnight in a sealed plastic bag containing white vinegar. After 24 hours I drained off the liquid and weighed the solids.</p> <p>Results In my tests, the pork digested more than the other types of meat. Beef digested less than the chicken and pork. I also found that big pieces digested more than the small pieces.</p> <p>Conclusions/Discussion If pork digests quicker than beef and chicken it would seem to be the healthier choice. Even though my tests show that bigger pieces digested quicker, research I read makes me believe that my testing was flawed.</p>	
Summary Statement My project is about finding the healthiest meat by determining which one digests the most.	
Help Received Sister helped with topic; Mr. Gong helped find other variables; Dad was lab assistant; Mom helped with board.	