



**CALIFORNIA SCIENCE & ENGINEERING FAIR
2018 PROJECT SUMMARY**

Name(s) Jack T. Medhurst	Project Number J0511
Project Title Preventing Scurvy with Vitamin C	
Abstract Objectives/Goals The objective of this study was to measure the content of Vitamin C in different conditions of fruits (dried, canned, and fresh) and determine which had the greatest content. Methods/Materials At least one condition of each fruit: pineapple, apple, orange, mango, kiwi, pear, peach, apricot, tincture of iodine, starch, eye dropper. Used iodine to oxidize and measure the juices of the fruits. Results Several juices from different fruits of varying conditions were extracted and their vitamin C content measured using the oxidation process of tincture of iodine. The fresh fruits were proven to have the greatest content and the dried fruits were proven to have the least. Conclusions/Discussion The procedures with the iodine, starch, and juices revealed that dried fruits indeed had the least content of vitamin C out of the three conditions. It was concluded that the African scurvy epidemic is caused by the diet fo dried fruits over fresh or canned ones.	
Summary Statement I determined that dried fruits have the least amount of vitamin C and that fresh fruits contained the greatest, and that African scurvy is caused by dried fruits.	
Help Received None. I designed the experiment and procedures myself. I performed the experiment alone.	