



**CALIFORNIA STATE SCIENCE FAIR
2003 PROJECT SUMMARY**

Name(s) Scott R. Reynolds	Project Number J0526
Project Title Need Energy? Got Calories?	
Objectives/Goals To see how many calories are in the foods I eat.	
Abstract	
Methods/Materials A can and a test tube to make a calorimeter, 8 grams of water, cork and needle stand to burn the food, stopwatch, thermometer to measure the water temperature, gas lighter, variety of foods, camera, and a scale to measure the mass of the food.	
Results I found there was a temperature change in the water due to calories being burned in the different foods. I used the following formula to determine my results: Change in temperature of the water x specific heat constant of water x mass of water = calories of heat. 1000 heat calories = 1 food calorie. I showed my results on a graph.	
Conclusions/Discussion I was able to determine how many calories were in various foods by burning them. I was able to compare the calories per gram of different foods.	
Summary Statement My project is about burning foods to see which food has the most calories per gram.	
Help Received Used beaker, test tube, calimeter can, scale, thermometer from Big Bear High School.	