



**CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY**

Name(s) Adam E. Nunziato	Project Number J0526
Project Title Calories Really Count	
Objectives/Goals The goal of my experiment was to build a calorimeter to measure the number of calories in selected snacks. For the experiment, I selected (1) Cheetos Puffs, (2) Pringles Potato Chips, (3) Planters# Cocktail Peanuts, and (4) Blue Diamond Almonds.	
Abstract I measured calories by burning food in a homemade calorimeter. I measured the temperature of the water. I burned the food then took the temperature after the food was burned. I also measured the temperature of the metal parts of the calorimeter.	
Methods/Materials MATERIALS Six 5.5 ounce apple juice cans Mortar and Pistil · Tin Foil Fuel Tablets Thermometer Cheetos Puffs Clamps Pringles Potato Chips, Holding Stand Planters# Peanuts Burner Made out of a Tea Strainer Blue Diamond Almonds !Grill Made out of a Coat Hanger	
Results Planters Peanuts were way over the amount that were stated. Frito Lay Cheetos were less that the stated amount. Blue Diamonds Almonds were healthier than stated on the back. Pringles Potato Chips were only two calories more than stated.	
Conclusions/Discussion Some of my results showed that there were fewer calories than was stated on the labels. This was because excess heat was escaping. I also discovered that the peanuts label was the most inaccurate. The peanuts contained 101 more calories than listed.	
Summary Statement Measuring calories to see if certain food labels are correct.	
Help Received My dad helped me burn food safely and my mom helped me put the board together.	