



**CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY**

Name(s) Jacob M. Parks	Project Number J1125
Project Title Every Volt Counts: Are Sport Drinks Worth It?	
Objectives/Goals The question that I would like to answer is which drink (Milk, Gatorade Lemon, Gatorade Lemon Ice, Water, Coke, 7-Up, Grapefruit Juice, or Pediatric Electrolyte, A.K.A. #Ped-Light#) had the most electrolytes and salts. I decided to do this project because I wondered if you could buy a cheaper drink than Gatorade and get the same amount of electrolytes.	
Abstract I test the amount of electricity the drink #conducts# By hooking wires and a meter up to a battery. The drink that conducts the most electricity has the most salts and electrolytes.	
Methods/Materials MATERIALS Drinks and liquids to test Jars Measuring device (if not on jars) Battery Wires Electrical meter	
Results (from best conductor to worst) Grapefruit, Milk, Ped-Light (Pediatric Electrolyte), Gatorade Lemon-Lime, Gatorade Lemon-Ice, Water, 7-up, and Coke.	
Conclusions/Discussion Grapefruit Juice was the best conductor of electricity. This means that it had the most salts and electrolytes. The drink with the least was Coke. The cheapest drinks were Gatorade Ice and Lemon-lime and milk, at \$0.03 per oz. each. The most expensive drink was Ped-Light, at \$0.10 per oz.	
Summary Statement Which drink has the most electrolytes and salts vs. its price.	
Help Received Father help with materials; Mother helped with board; Rick Scott with grounding idea.	