CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY

Name(s)
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Project Number
J0414

Project Title
How Does Calcium Affect Your Bones and Health?

Abstract

Objectives/Goals
The project's goal is to show what happens to bones that get too much calcium, too little, just enough, or none at all.

Methods/Materials
Materials: jars, cooked chicken bones, masking tapes, gold scale, vinegar, water, calcium tablets, paper, measuring cup, scissors, knife.
Methods: Get six cooked chicken bones each weight about the same. Label each jar from 1 to 6. Fill each jar with its contents: Jar 1 - water, Jar 2 - vinegar, Jar 3 - vinegar and one calcium, Jar 4 - vinegar and two calcium, Jar 5 - vinegar and three calcium, Jar 6 - vinegar and four calcium. Put one bone in each jar. Observe the bones' characteristics for about two weeks. Test the bones' strengths with hands and knife.

Results
Bone 1 was the strongest, bone 2 was the weakest, bone 4 was the strongest one in calcium.

Conclusions/Discussion
Bone 1 was the strongest since vinegar destroyed the rest of the bones (bones 2 to 6). However, bone 4 was stronger than the other calcified bones because it got the right amount of calcium. Too much or too little calcium will damage your bones.

Summary Statement
The project is about the affect of calcium on your body, health, and bones.

Help Received
Mother helped arrange the report; Father, Mark & Melani Soendjojo helped follow the procedures; Mr. Cummings helped understand the project's concept; Fang Ing Tan helped design the backboard display; Meghan Anderson helped understand the notebook.