



**CALIFORNIA STATE SCIENCE FAIR
2009 PROJECT SUMMARY**

Name(s) Kyle J. Funk	Project Number J0409
Project Title Vitamin "C"itrus	
Abstract Objectives/Goals My objective was to learn if oranges have the most vitamin C out of the citrus fruits I tested. Methods/Materials I used cornstarch and iodine to test different citrus fruits to figure out which one had the most vitamin C. The cornstarch was cooked and put in jars with the fruit juices. I put one drop of iodine at a time into the jars and counted how many drops. When the color of the juice mixture changed to a dark purple-blue the equivalency point was reached and the amount of vitamin C was the same as the amount of iodine. I did this three times. Results The orange proved to contain the most vitamin C in all three trails. It had a lot more than the lemon, tangerine, and grapefruit. Limes were also a good source of vitamin C. Conclusions/Discussion I take vitamin C every morning, so I wanted to learn why taking vitamin C helps make me healthy. I also wanted to know what fruits I could eat that would give me the most vitamin C.	
Summary Statement To find out the best citrus source for vitamin C.	
Help Received My mom gave me ideas for designing my board and helped me with the measuring and cooking.	