



**CALIFORNIA STATE SCIENCE FAIR
2014 PROJECT SUMMARY**

Name(s) Elias Sitton	Project Number J0428
Project Title Sugar: The Silent Killer	
Abstract Objectives/Goals My goal was to learn if students know the actual amount of sugar that is in beverages. Methods/Materials Materials: 6 different types of drinks: 20 FL OZ Gatorade, 20 FL OZ Coke, 16 FL OZ Rock Star energy drink, 23 FL OZ Arizona, 13.7 FL OZ Starbucks Frappuccino, 20 FL OZ Minute Maid Lemonade. 1 ProCook Glass Top Electronic Scale. 10 Safeway HOME plastic clear cups. 10 Safeway HOME plastic spoons. 1 4 LB C&H pure CANE SUGAR (granulated white). 1 Sistema 67.6 OZ plastic container. Methods: I will begin the testing by showing them a drink (there will not be a nutritional label) and handing them sugar and a plastic cup. After they have seen the drink, I will ask them how much sugar they think is in the drink I showed them. They will show me by pouring how much sugar they think is in the drink into a clear plastic cup. Once they have poured what they think is the amount, I will weigh how much they put and show them the actual amounts. In the last step I will write down what was the amount of grams and compare the true amount of sugar to the amount they thought was in the drink. Results The results of this experiment indicated that my hypothesis was true. Only 8 guesses out of 396 were close to the actual amounts. The percentage of kids that did not know the actual amounts was 98%, the same as my hypothesis. The results pertain to my objective because it shows that kids do not know what they are drinking, therefore one can say that students are not aware of what they are drinking. Conclusions/Discussion My results supported my hypothesis because the percentage of kids that did not know the actual amounts of sugar in beverages was the same as my hypothesis, 98%. My results enabled me to obtain my objective because my objective was to see if kids know the actual amount of sugar that is in beverages, so my results showed that they don't know. This project expands our knowledge about this topic because now we know that students are not aware of what they are drinking, so the next step is to create more awareness for students to know what they are drinking.	
Summary Statement My project is about testing students to see whether or not they know the actual amounts of sugar that are in sweetened beverages they drink daily.	
Help Received Teacher helped guide me through the project	