



**CALIFORNIA STATE SCIENCE FAIR
2014 PROJECT SUMMARY**

Name(s) Pandora P. Vamvakas	Project Number J0521
Project Title Calorie Meter	
Abstract Objectives/Goals my goal was to find out wich nut has more callories per gram. Methods/Materials This project helped me to understand calorie meter; what it does; how it works; and, understanding calories. Materials: 5 Whole almonds; 5 shelled peanuts; 5 whole cashews; 1 lighter or matches; 1 candle stick; 600ml water; 1 kitchen scale that measures in grams; 1 jug or large container; 1 can opener; 1 test tube; 1 large metal can (like coffee can); 1 drill or hammer; 1 nail; 1 rubber holder around test tube; 1 safety water bowl; 1 thermometer that measures in celsius; 1 needle; 1 cork. etc. Results Almonds produced the most calories per gram. Conclusions/Discussion My hypothesis was correct; almonds do produced the most calories per gram. The reason I believe it did is because the almonds looked and felt more solid. Cashews produced the least calories per gram. Peonuts ranked in the middle. There is a difference between chemical calories and dietary calories. A dietary calorie is one thousand times bigger than a chemical calorie; so, I had to devide by one thousand as shown in the graphs.	
Summary Statement My goal was to find out which nut has more claories per gram.	
Help Received My father provided me with the materials and showed me how to do calcualtions. My mom helped me with my poster. My brother assisted me in some of the labs.	