



**CALIFORNIA STATE SCIENCE FAIR  
2005 PROJECT SUMMARY**

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<b>Project Title</b> <b>Fruits: Healthy or Not?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> The problem is ;°How does the different types of fruit have different types of vitamin C and Sugar;±. Many people in the U.S. suffer from diabetes and obesity, they like all other people need vitamin C to stay healthy, but unlike regular people, they cannot consume certain amounts of sugar. This project was done to try to identify the different amounts of sugar and vitamin C in fruits to see which is most beneficial to diabetics and people with obesity. It is hypothesized that the Oranges will have the most Vitamin C and the least sugar, and the Apples will have the least vitamin C and the most sugar. The hypothesis was made based on the research conducted about fruits before the project. (<a href="http://www.childbehave.com/chapters/vitamin/toc-vitamin.html">http://www.childbehave.com/chapters/vitamin/toc-vitamin.html</a>).</p> <p><b>Methods/Materials</b> A brief procedure is stated below. Blend each of the four fruits to a liquid puree, those are the variables, and put them each in five test tubes, fifty drops per test tube. Then, add ten drops of Benedict;#s Solution, and see what color the fruit puree becomes. This produces 5 samples per fruit. The data is recorded by the color, for example, blue color means no sugar, and red is a lot of sugar. After that, fill the other 25 test tubes with 40 drops each of Vitamin C indicator solution. Take a fruit puree and, using a dropper, drip drops of puree into the solution until it turns clear. Count the drops. Repeat for all fruits and control, water.</p> <p><b>Results</b> The results don;#t support the hypothesis because the results show that the grapes have the most vitamin c and the least sugar, and the fruit the most sugar and the least vitamin c is apple.</p>	
<b>Summary Statement</b> This project tests the different amounts of sugar and vitamin C in fruits to identify which is most healthy for the diabetic and obese.	
<b>Help Received</b> Dad proofread abstract	