



**CALIFORNIA STATE SCIENCE FAIR
2013 PROJECT SUMMARY**

Name(s) Joseph Brooks; Erone Cao	Project Number S0603
Project Title Greasy Pizza: To Dab or Not to Dab?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The objective is to determine if there are any major health benefits from dabbing the grease off of pizza slices. Specifically, if dabbing the grease off leads to a significant reduction of calories.</p> <p>Methods/Materials The experiment was conducted by making a calorimeter. Water was placed in a small tin can and suspended using a ring stand. For each trial a napkin (either clean or greasy) was placed directly under the can and set on fire. A thermometer measured the temperature before and after the burn. Using this information the amount of energy released by the grease can be calculated.</p> <p>Results Of the small pizzas tested, the energy released by greased ranged from about 400 calories to about 800 calories. This amount of calorie reduction is insignificant in an average daily consumption of 2000-2500 Calories.</p> <p>Conclusions/Discussion The results support the hypothesis that dabbing grease off of pizza does not lead to significant health benefits.</p>	
Summary Statement The purpose of the project was to determine if there were any significant health benefits from dabbing greasy pizza with napkins.	
Help Received	