



**CALIFORNIA STATE SCIENCE FAIR
2016 PROJECT SUMMARY**

Name(s) Dean V. Zepeda	Project Number 36777
Project Title Determining the Amount of Vitamin C in Boiled Broccoli	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The objective is to determine how varied times of boiled broccoli affect the Vitamin C content.</p> <p>Methods/Materials Method: Determine the amount of Vitamin C for 3 different times of boiled broccoli using an iodine/starch titration method. Materials: Iodine, starch, broccoli, Vitamin C tablets.</p> <p>Results I found that increasing the boiling time of broccoli will result in a decreased amount of Vitamin C.</p> <p>Conclusions/Discussion I concluded through using 5 trials of each boiled broccoli that the shortest time, 1 minute, contained the most Vitamin C. With loose teeth, this will help me find the optimal boiling time to easily chew broccoli and still retain most of its nutrients.</p>	
Summary Statement I found how the boiling time of broccoli affected the amount of Vitamin C it contained by using titration.	
Help Received My parents and science teacher helped me revise my work.	