



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

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| Name(s) Thomas S. Grana | Project Number 22068 |
| Project Title Yummy Donuts? | |
| Objectives/Goals I did my project because after eating more than one donut I sometimes feel sick. I believe that #fattier# donuts make me feel this way. I wanted to find out which donuts have the most the fat. To get my project started, I chose seven different donut shops to test my idea. Out of the seven I think that Krispy Kreme donuts will have the most fat | |
| Abstract I purchased two glazed donuts from each of the shops. I then weighed pieces of parchment paper and transparencies with a scientific balance. I used transparencies under the parchment paper so the drippings would not soak into the table. After putting one donut on each piece of parchment paper I labeled each one. I then covered all the donuts with aluminum foil using Duplos to make towers to prevent the foil from touching the donuts. After twenty-four hours I flipped half the donuts, one from each store. I flipped half of the donuts to see if more drippings would come off the donut to give greater results. After forty-eight hours, I weighed the drippings of the donuts and recorded all the information to a tenth of a gram. I then repeated all the steps because I was not totally satisfied with the results. The glazed donuts seemed to harden because of the sugar coating and visually the drippings on the parchment paper were not pleasing to the eye. I then decided to use plain cake donuts and cardboard pastry box pieces to see if I could get a better result. | |
| Methods/Materials I purchased two glazed donuts from each of the shops. I then weighed pieces of parchment paper and transparencies with a scientific balance. I used transparencies under the parchment paper so the drippings would not soak into the table. After putting one donut on each piece of parchment paper I labeled each one. I then covered all the donuts with aluminum foil using Duplos to make towers to prevent the foil from touching the donuts. After twenty-four hours I flipped half the donuts, one from each store. I flipped half of the donuts to see if more drippings would come off the donut to give greater results. After forty-eight hours, I weighed the drippings of the donuts and recorded all the information to a tenth of a gram. I then repeated all the steps because I was not totally satisfied with the results. The glazed donuts seemed to harden because of the sugar coating and visually the drippings on the parchment paper were not pleasing to the eye. I then decided to use plain cake donuts and cardboard pastry box pieces to see if I could get a better result. | |
| Results After the experiment was over, I discovered that Chuck's donuts had the most fat with 1.2% of the donuts total weight. The donut that gave off the second most fat was Happy Donuts with 0.8% of the donuts total weight. Royal Donuts had the least amount of fat with 0.4% of the donuts total weight. These results are based on the #Flipped# group chart. I was extremely surprised because I thought for sure that Krispy Kreme had the most fat. | |
| Conclusions/Discussion My conclusion is that although all donuts contain some fat, of the donut shops that I tested Chuck's had the most fat and Royal Donuts had the least. | |
| Summary Statement The objective of my project was to find out the brand of donut that had the most fat. | |
| Help Received My parents helped with typing if report and buying donuts. My dad borrowed a scientific scale from his work for the weighing of the donuts. | |