



**CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY**

Name(s) Robert W. Wickham	Project Number J0324
Project Title If You Are What You Eat, Do You Know What You Are?	
Abstract Objectives/Goals My objective was to assess the nutritional knowledge of people interviewed. From those findings, and from using knowledge gained from my previous two science fair projects, determine if a lack of nutritional knowledge is a factor in the American obesity epidemic. Methods/Materials I researched nutrition and created a questionnaire with 10 questions. I distributed 750 and received 503 completed questionnaires from people ranging in age from 7 to 78. I then graded and recorded the results, dividing the questionnaires by age and gender. Results Question numbers with percent correct answers: 1. 16%; 2. 26%; 3. 30%; 4. 24%; 5. 20%; 6. 35%; 7. 27%; 8. 18%; 9. 21%; and 10. 24%. These results were for all 503 surveys. I also calculated results based on age and gender. Women 21 years and older were the most knowledgeable group. Conclusions/Discussion My hypothesis was proven correct, that people know very little about nutrition. The findings of my previous two science fair projects support that America is overweight, and that TV advertising and the consumption of fast food are factors. Now, I have learned that a lack of knowledge about nutrition is also a factor in the obesity epidemic.	
Summary Statement One factor in the American obesity epidemic may be a lack of understanding and knowledge about nutrition.	
Help Received Teachers, friends, sports team, and Weight Watchers helped distribute questionnaires. Mother helped tally answers on questionnaires.	