



**CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY**

Name(s) Favio L. Arriaga	Project Number 31512
Project Title Analysis of Enzymatic Activity of Natural Protein vs. Synthetic Protein	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My goal was to find out which type of protein can help you more during muscle recovery by seeing enzymatic activity.</p> <p>Methods/Materials Materials used were: 10 mL of hydrogen peroxide; 10 mL of peroxidase; protein powder; creatine powder; chicken breasts; pieces of meat; a cylinder to measure mL; and a triple beam balance.</p> <p>Results From the beef, chicken, and protein powder, the beef had the best enzymatic reaction. The chicken came in second and the powder came in last.</p> <p>Conclusions/Discussion Overall it would be best to eat beef because the enzymatic activity of it was much better than the other products.</p>	
Summary Statement Determining what type of protein (natural or synthetic) can help better for muscle recovery.	
Help Received My teacher provided equipment and my mom helped with my board.	