CALIFORNIA SCIENCE & ENGINEERING FAIR
2018 PROJECT SUMMARY

Name(s)
Jack T. Medhurst

Project Number
38746

Project Title
Preventing Scurvy with Vitamin C

Abstract

Objectives/Goals
The objective of this study was to measure the content of Vitamin C in different conditions of fruits (dried, canned, and fresh) and determine which had the greatest content.

Methods/Materials
At least one condition of each fruit: pineapple, apple, orange, mango, kiwi, pear, peach, apricot, tincture of iodine, starch, eye dropper. Used iodine to oxidize and measure the juices of the fruits.

Results
Several juices from different fruits of varying conditions were extracted and their vitamin C content measured using the oxidation process of tincture of iodine. The fresh fruits were proven to have the greatest content and the dried fruits were proven to have the least.

Conclusions/Discussion
The procedures with the iodine, starch, and juices revealed that dried fruits indeed had the least content of vitamin C out of the three conditions. It was concluded that the African scurvy epidemic is caused by the diet fo dried fruits over fresh or canned ones.

Summary Statement
I determined that dried fruits have the least amount of vitamin C and that fresh fruits contained the greatest, and that African scurvy is caused by dried fruits.

Help Received
None. I designed the experiment and procedures myself. I performed the experiment alone.