Name(s)	Project Number
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Project Title

How Many Calories Are in Different Types of Food?

Abstract

Objectives/Goals
Objective: To find out which food sample (Hamburger patty, small potatoes, and dried blueberries) contains more calories, by using a calorimeter.

Methods/Materials
A thermometer, 3 tin cans, an 8x7 steel vent cylinder, a digital gram scale, lighter, steel bowl,100ml of water, and 3 food samples. A calorimeter was used to measure the energy released in heat from food samples.

Results
I performed 3 trials for each food sample. The hamburger patty had an average of 0.198 Calories, the small potatoes had an average of 0.175 Calories, and the dried blueberries had an average of 0.303 Calories.

Conclusions/Discussion
My experiment verified that foods with higher fat content contained more calories. The dried blueberries had more calories because they are known to be calorie dense. Meanwhile, the two food samples with less fat content averaged lower calories.

Summary Statement
To find out which food sample contains more calories, by using a calorimeter.

Help Received
Jose and Maria Ventura