



**CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY**

Name(s) Erika C. Santos	Project Number J0422
Project Title Investigating Whether Kids Can Mistake Vitamins for Candy	
Abstract Objectives/Goals My objective is to determine if children from ages 5-8 can tell the difference between vitamins and candy. Vitamins can be harmful if too many are taken at once. Methods/Materials I went into the Kindergarten, 1st, and 2nd grade classrooms at my school. I had each student come to a back table and had them determine which product was vitamins, and which was candy. I placed the different products in plastic cups. They just had to tell me which one they thought was the candy. The products I used were: Candy - Sweet tarts, jolly rancher fruit chews, spice drops, sour patch, pez Vitamins - poly/vi/lor, toy story vitamins, jolly rancher vitamins, your life vitamins, Flinstone Complete Results Kindergarten - 29% could not determine candy from vitamins. more than 1/4 of the class First Grade - 22% could not determine candy from vitamins. Second Grade - 33% could not determine candy from vitamins. Conclusions/Discussion On average, about 1/4 of the kids could not determine the difference between candy and vitamins. This shows that kids can easily mistake this. Companies purposely try to get their vitamins to look appealing. If a child thinks it is candy and takes too many, they could have an allergic reaction, or a worse case scenario of an overdose. Parents need to put their daily vitamins out of reach of little kids. Do not leave them out.	
Summary Statement My project will determine if kids ages 5-9 can tell the difference between vitamins and candy.	
Help Received Teacher taught scientific method, provided classroom help with experiment. Parents helped in purchasing materials. They also helped put board together.	