

# Science Fair Project Ideas

## Life Science: Food and Nutrition (5–6)

### Plants

Do plants grow faster in sunlight or under artificial light?

Where on a plant are the most stomata located?

Will plants continue to grow if their stomata are covered?

Does the color of a leaf determine how much chlorophyll it has?

What wavelengths of light are required for photosynthesis?

### Animals

Do carnivores eat more calories than herbivores?

What is the most common type of animal—omnivore, carnivore, or herbivore?

What is the difference between a ruminant and a nonruminant animal?

Are there any animals that have chlorophyll and can produce food by photosynthesis?

### Health

How does caffeine affect heart rate and blood pressure?

How does food affect heart rate and blood pressure?

Does eating a snack right before bedtime cause people to dream more or less?

Do sports drinks influence reaction time?

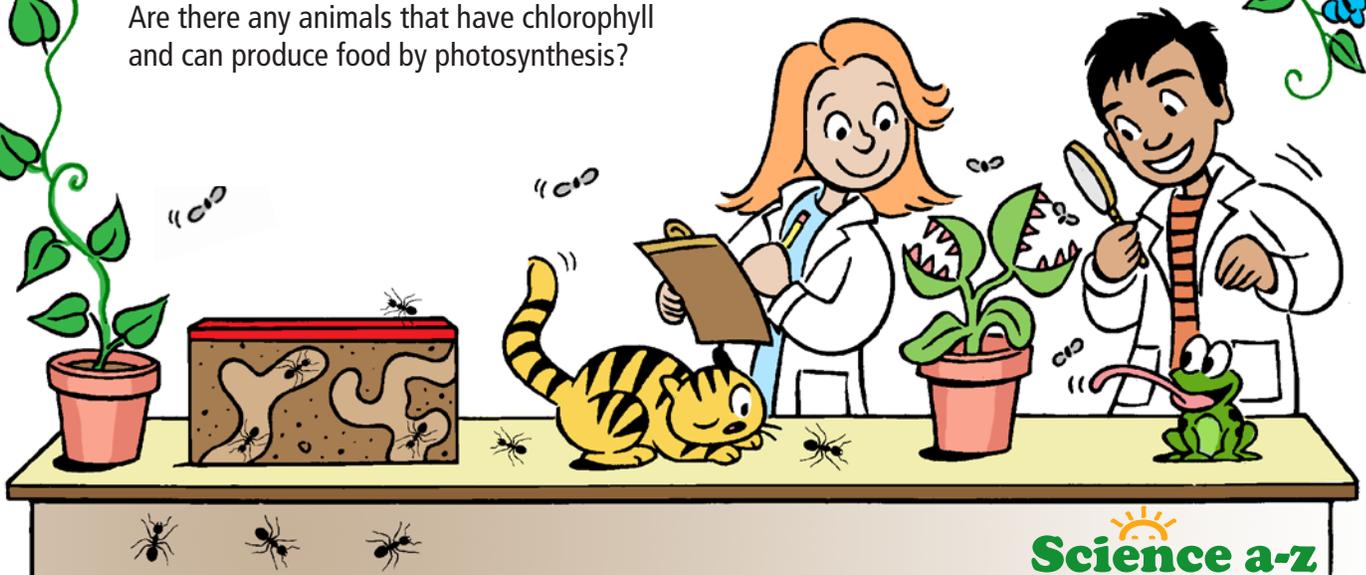
How many calories does the average person need in one day?

Does exercise make a person eat more or less food?

### Nutrition

Is there a nutritional difference between organic milk and regular milk?

What percentage of each nutrient is required for a balanced diet?





**MORE Science Fair Project Ideas**  
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How much water do different types of dried beans absorb?

Which fruits contain the most water?

Which junk foods contain the most fat?

Which junk foods contain the most sugar?

## Carbohydrates

Does eating foods high in carbohydrates give you more energy?

Does eating a meal high in carbohydrates the night before a long run increase endurance?

What is the level of carbohydrates in different types of milk?

Which type of apple has the most carbohydrates?

In what types of food can you find the most whole grains?

## Protein

Does eating foods high in protein give you more energy?

How much protein per serving do different types of peanut butter have?

What happens to the protein in an egg when it is cooked?

## Lipids

Does eating foods high in fat give you more energy?

How much saturated fat is found in different types of cooking oil?

Can people taste the difference between regular, low-fat, and non-fat foods?

Do different brands of potato chips contain the same amount of fat?

Does the fat content of milk affect shelf life?

## Fiber

What types of food have the most fiber?

What is the difference between soluble and insoluble fiber?

Can eating oatmeal lower a person's cholesterol?

## Vitamins and Minerals

What kinds of foods contain the most vitamins and minerals?

Do ripe oranges contain more vitamin C than unripe oranges?

Can eating carrots improve eyesight?

Which cereal has the greatest concentration of iron?

