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*The Best Thing Since Fresh Fruit*

The purpose of this investigation is to determine if dehydrated fruit has the same nutritional content as fresh fruit. I hypothesized that if the fruit is dehydrated, then the glucose will increase, the calories will decrease, and the vitamin C will decrease. This experiment involved several complicated steps. First I dehydrated the fruit. Then I prepared the fresh fruit. After that, I performed the calorimetry test. The fruit did not ignite; therefore the results were not accurate so I could not use them. The glucose test involved sticking the test strip into the fruit puree that I had created after the calorimetry test. Finally I did the vitamin C test and it took 3 hours to complete. I had to make the vitamin C indicator solution, and then precariously drop the same amount of puree into it each time until it turned clear. The data collected partially supported the original hypothesis. On average the fresh fruit needed 4.1 drops of puree to change the vitamin C indicator to clear; the dehydrated fruit on average needed 3.9 drops to change the vitamin C indicator to clear, which means there is more vitamin C in dehydrated fruit. On average the fresh fruit contained 212.8 milligrams of glucose per deciliter fruit puree; the dehydrated fruit on average had 257.5 milligrams of glucose per deciliter fruit puree. These findings lead me to believe that dehydrated fruit has a different nutritional content than fresh fruit. More testing is necessary to confirm results.