

Kooper Grinstead
Veggie Tales

My mom refuses to feed my sister and I canned vegetables; she is convinced that they "just aren't the same" as frozen veggies, so I wanted to see if I could prove her wrong. My mom works, and doesn't often have a lot of time to get dinner ready, and I know that when she cooks frozen veggies it takes longer than it would if she were just heating up a can of the same thing. I tested frozen peas versus canned peas to see which contained more stored energy. I did this by making my own calorimeter to burn the food in and check temperature change between the frozen pea and the canned pea. I hypothesized that the canned peas would have more stored energy, but after completing three separate trials, my data told me that the frozen vegetables contain more stored energy than the canned vegetables. This information was very important to me, not only because I had to tell my mom she was right, but because I can pass along my findings to others, and hope that they will make the switch from canned to frozen.