**How many Calories does your ingredient contain?**

1. List your ingredients below and in your notebook. Be specific with amounts (amount of ingredient, number of grams, number of pounds, etc.).

2. **THINGS YOU MUST DO BEFORE YOU BEGIN:**

* Come up with a method of data collection. Make tables, graphs, diagrams, explanations etc. for whatever you need to collect your data in your notebook.
* How will you analyze this data? Talk with your group about what method you will use and write it in your notebook.

3. Measure the initial mass of your ingredient and your water.

initial mass ingredient: \_\_\_\_\_\_\_ initial mass water: ­­\_\_\_\_\_\_\_

4. Place your ingredient in the food holder.

5. Add the water to your smaller can.

6. Insert your thermometer into the smaller can and measure the initial temperature of the water.

initial temp: \_\_\_\_\_\_\_

7. Set your food on fire! Wait for the food to stop burning and measure the final temperature of the water after it does not seem to fluctuate any longer.

final temp: \_\_\_\_\_\_\_

8. Measure the final mass of your ingredient.

final mass: \_\_\_\_\_\_\_

8. Complete 3-8 for the rest of your ingredients.