Investigations in Nutrition, Diet, and Activity

Calorimeter Lab

Bonus Lab: Calorimeter

Name:	Date:

In this laboratory exercise we will determine the energy values of different snack foods. Small samples of each food will be burned under a container of water. The change in temperature of the water will allow us to determine the amount of heat energy (calories) released by the food.

A calorie is a unit of energy. A calorie is the amount of energy (heat) it takes to raise the temperature of one gram of water by one degree Celsius.

MATERIALS

Calorimeter (Aluminum can)
Ring stand & support
Weighing boat (2)
Scale
Distilled Water

Wire & stand
Pipette
Thermometer, digital

Food samples Tweezers

PROCEDURE

- 1. Use the scale to weigh 100 grams of water into the aluminum can. Gently pour the water into the can until you get close to 100 grams. Use the pipette to precisely add the final few grams.
- 2. Weigh the food sample to be tested. Record the starting mass of the food on your data table.
- 3. Mount the food sample onto the coiled wire on the stand and place onto the base of the ring stand.
- 4. Hang the cans with the S-hooks from the ring stand support. Position the support so the top of the food sample is roughly ½ inch from the can.
- 5. Measure the starting temperature of the water in the can and record on your data table.
- 6. Have a teacher ignite the food sample.
- 7. After the sample has burned completely, record the temperature of the water. (Keep the thermometer in the water for about one minute because the temperature will continue to rise after the flame goes out.) **Be careful, the can will be hot!**
- 8. Carefully transfer the burned sample into a weigh boat and record the final mass on your data table.



Working With Our Data

Bonus Lab: Calorimeter						
Name:	Date:					
Record your measurements on the t	ables below.					
FOOD SAMPLE						
STARTING MASS OF FOOD (IN GRAMS)	STARTING TEMPERATURE OF WATER (IN °C)					
FINAL MASS OF FOOD (IN GRAMS)	FINAL TEMPERATURE OF WATER (IN °C)					
SUBTRACT THE FINAL MASS FROM THE STARTING MASS TO FIND THE CHANGE IN MASS	SUBTRACT THE STARTING TEMPERATURE FROM THE FINAL TEMPERATURE TO GET THE CHANGE					
CHANGE IN MASS BOX A	IN TEMPERATURE BOX B					
Energy Yield – How many calories are in the food sample? We measured the amount of energy released from the food by the change in temperature of the water.						
To find out how many heat calories the water (100g) by the change in t	were released, multiple the total mass of temperature of the water (Box B):					
$\frac{100 \text{ x}}{100 \text{ y}} = \frac{100 \text{ calories}}{100 \text{ calories}}$						
Next, divide the number of calories by the change in mass of the food (Box A):						
	calories/gram					
Remember, a food calorie is 1000 calories. To find of the food calories per gram divide the previous answer by 1000.						
÷ 1000 =Food Calories per gram						

Understanding Our Data

Bonus Lab: Calorimeter						
Naı	Name:		Date:			
	te the values your class calcul aple:	ated fo	or Food Calories pe	r gram of each food		
	FOOD 1		FOOD 2			
ı	FOOD CALORIES PER GRAM		FOOD CALORIES PER GRAM			
in o of c Cal	ng the food labels for the food one serving and how many gro alories in one serving by the r ories per gram. OD 1: ÷	ams ar	re in one serving. Di r of grams to find th	ivide the number		
	Calories/serving Grams/Servin	ng Fo	ood Calories/gram			
FO	OD 2:					
	÷	= [
	Calories/serving Grams/Serving	ng Fo	ood Calories/gram			
1.	How do the values you calculated compare to the actual values?					
2.	Why do you think they are different?					
3.	Is there anything you could change about the experiment to make the culated values more accurate?					

