



**CALIFORNIA STATE SCIENCE FAIR  
2006 PROJECT SUMMARY**

<b>Name(s)</b> <b>Lior I. Schenk</b>	<b>Project Number</b> <b>J1329</b>
<b>Project Title</b> <b>Save Your Teeth!</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> My objective is to determine how common foods affect the growth of oral bacteria; I want to discover which of those foods would be good for fighting against oral bacteria, and which ones could even treat oral diseases.</p> <p><b>Methods/Materials</b> 1 bottle of 70% alcohol; 20 agar plates; 1 alcohol lamp; 20+ cutips; 1 agar spreader; ginger, garlic, mint, cinnamon, lemons, curry, green tea, yogurt, and raisins were the materials. Extracts from one of the foods would be dripped onto an agar plate. The spreader would be dipped in alcohol and put through the flame of the alcohol lamp to sterilize it. The extract would be gently spread along the plate, and a saliva sample would be spread with a sterile cutip. A plate with more bacteria colonies than the control (a single plate with saliva only) would show increased bacteria growth; a plate with less bacteria would show decreased growth.</p> <p><b>Results</b> Agar plates with ginger, mint, and curry extracts had the most bacteria growing; plates with yogurt, garlic, green tea, and lemon extracts had the least bacteria growing; plates with cinnamon and raisin extracts had about the same amount of bacteria as the control.</p> <p><b>Conclusions/Discussion</b> Thus it can be determined that ginger, mint and curry are not good for fighting bacteria; yogurt, garlic, green tea, and lemons are ideal for protecting your teeth and mouth. By following this experiment, people can avoid many oral diseases, live a happy life, and stay out of the dentist's chair.</p>	
<b>Summary Statement</b> My project is on how common foods fight against and affect the growth of oral bacteria.	
<b>Help Received</b> Mother bought supplies; uncle and aunt helped set up experiment and supervised experiment	