



**CALIFORNIA STATE SCIENCE FAIR
2009 PROJECT SUMMARY**

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Project Title Got Tears? Get Milk!	
Abstract Objectives/Goals The purpose of this study is to understand what will be the best beverage choice when chili is consumed and creates a burning sensation within the mouth specifically milk, water, or soda to cool down the chili laden tongue. Methods/Materials A short survey from 25 subjects to determine if water, soda or milk will cool off a chili laden tongue the best from a rating scale from 1-5 (one being the best, five being the worst relief). Each subject had two drops of hot sauce placed on their tongue for 10 seconds then to drink each beverage separately, alternating between chili sauce to beverage of choice in the order of water, soda and milk. Results The best beverage choice to cool off a chili laden tongue the following is concluded from the raw data; 12% state water to be the best beverage choice; 36% state soda is the best beverage choice and 68% state milk is the best beverage choice to cool off the chili laden tongue. Conclusions/Discussion The conclusion of this project has proven my hypothesis to be correct: Milk is the best beverage to cool down a chili laden tongue by a significant percentage.	
Summary Statement To determine the best beverage choice when chili is consumed and creates a burning sensation within the mouth from a survey of people.	
Help Received Mother helped assemble display board and proofread paper; classmate helped set up experiment; subjects were used from St. Joseph Academy	