



**CALIFORNIA STATE SCIENCE FAIR
2015 PROJECT SUMMARY**

Name(s) Larisa C. Laborin	Project Number 35482
Project Title Think Before You Drink	
Objectives/Goals In this science fair project I will be testing which of the following beverages stains your teeth the most in the least amount of time. The beverages I will be using are Coca Cola, Coffee, Black Tea and Grape Juice. This will show people what not to drink on a daily bases. My hypothesis states #If teeth-staining fluids stain at different rates, then I believe coffee will stain in the shortest period of time. And the question I plan to solve is #Which liquid solution causes the most teeth degradation?# After retrieving all the necessary data to answer my questions, I finally found the answer I was searching for. The beverage that causes the most teeth staining is #GRAPE JUICE.#	
Abstract In this science fair project I will be testing which of the following beverages stains your teeth the most in the least amount of time. The beverages I will be using are Coca Cola, Coffee, Black Tea and Grape Juice. This will show people what not to drink on a daily bases. My hypothesis states #If teeth-staining fluids stain at different rates, then I believe coffee will stain in the shortest period of time. And the question I plan to solve is #Which liquid solution causes the most teeth degradation?# After retrieving all the necessary data to answer my questions, I finally found the answer I was searching for. The beverage that causes the most teeth staining is #GRAPE JUICE.#	
Methods/Materials Materials List: 24 eggs, Grape juice, Coca Cola, Coffee, Black tea, Plastic reusable plastic, cups. Procedures 1. Set up reusable plastic cups on a flat surface to begin 2. Brew the coffee and tea and leave aside to let it cool down 3. Place the eggs in each plastic cup 4. Pour beverages into plastic cups until egg is completely covered 5. Set up a time limit to know how long the eggs have been submerged 6. Take one egg out every 2 days to know if you see a change in the color	
Results When I got my results I was surprised at the outcome. In my hypothesis I had stated that the one that stained the most in the least amount of time was going to be Coffee. It turns out the one that stain the most in the least amount of time was #GRAPE JUICE.# I had the greatest jump from one color to the next shade on the color fan.	
Conclusions/Discussion In my hypothesis I had stated #If teeth-staining fluids stain at different rates, then I believe coffee will stain in the shortest period of time.# So my prediction was in fact wrong, unfortunately. At first while doing the project coffee looked darker than the rest, until one beverage over through it##GRAPE JUICE.# Grape juice started out very lightly stained, until it made a huge jump up the color scale and over through coffee.	
Summary Statement Which liquid solution causes the most teeth staining	
Help Received Parents helped me to get supplies	