



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Jessica S. Silvers	Project Number J1331
Project Title "Let Us" Find Out How Much Bacteria Is in Lettuce	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My project was to determine which type of lettuce carried more bacteria, hand washed or pre-bagged, pre-washed lettuce.</p> <p>Methods/Materials I purchased Romaine and Iceberg lettuce samples in both pre-bagged, pre-washed form and hand washed form at Ralph's Supermarket and Whole Foods. I tested both samples for bacteria content. In the course of the project, loose Romaine and Iceberg lettuce were cut in half. I washed (with glove-covered hands) one half of the loose lettuce and then compared it to the half that was not washed. Also, pre-bagged, pre-washed Romaine and Iceberg lettuce were tested for bacteria. The testing was done in two trials.</p> <p>Results My results showed that pre-bagged, pre-washed lettuce had a lower bacteria content compared to the hand washed lettuce. This may be due to the fact that aside from being washed in water there are also added chemicals on the pre-bagged, pre-washed lettuce that kill the bacteria before it is eaten.</p> <p>Conclusions/Discussion My testing concluded that pre-bagged, pre-washed Iceberg lettuce from Ralph's had the least amount of bacteria.</p>	
Summary Statement I tested for bacteria on hand washed and pre-bagged, pre-washed Romaine and Iceberg lettuce from Ralph's and Whole Foods.	
Help Received My Mother for driving me to the places I had to go; My Dad for helping me with my final drafts and my display board; Ms. Reynolds for helping me type, edit, and guide me through my project; Ms. Lerner for helping and guiding me through my project; Dr. Benjamin Cravatt for allowing me to use his equipment	