



**CALIFORNIA SCIENCE & ENGINEERING FAIR
2019 PROJECT SUMMARY**

Name(s) Rozita Kareem	Project Number J0712
Project Title Can Chewing Gum Help with Concentration?	
Abstract Objectives The objective of this project was to test if gum can help people focus and if so, does the flavor have an effect. Methods Computer, printer, and paper Four multiplication tests, each consisting of 25 double digit problems Memory test Pencils for test-taking Chewing gum Timer Test subjects Paper and pencil for recording and analyzing data Results The final result indicated that chewing gum helps with attention and focus and that the mint flavored gum had an increased effect on concentration the most followed by the citrus and then the sweet flavored gum. Conclusions In conclusion, my hypothesis was correct: chewing gum, specifically mint flavor, significantly increases concentration and in turn, improves test performance. The mint flavor helps to activate the sensory regions of the brain and therefore increases attentiveness. It was not surprising that none of the subjects had completed the math tests in their entirety as they were given a limited time in order to mimic high-pressure testing conditions.	
Summary Statement The objective of this project was to test if gum can help people focus and if so, does the flavor have an effect	
Help Received I am using this opportunity to express my gratitude to everyone who supported me throughout this project: Ms. Najwan Nasereddin:I would like to thanks my mentrer for her advice and support and encouragement to not give up. My parents:I would like my parents for buying all the gum and supporting me. The	