

# Does the 5 second rule actually work?

Nov 16, 2023

## Question:

Does the 5 second rule actually work?

## Hypothesis:

Yes, I believe that the 5 second rule is true because for one I've been doing this all my life and two I don't believe that the germs have enough time to get on the food.

## Information:

- ~Using Islam/religion
- ~People opinions/references
- ~Experimenting at home with different foods and surfaces

## Plan:

1. Buy a petri dish
2. Include extra information and clay sculptures (judges love 3-D/visual objects)

## Websites:

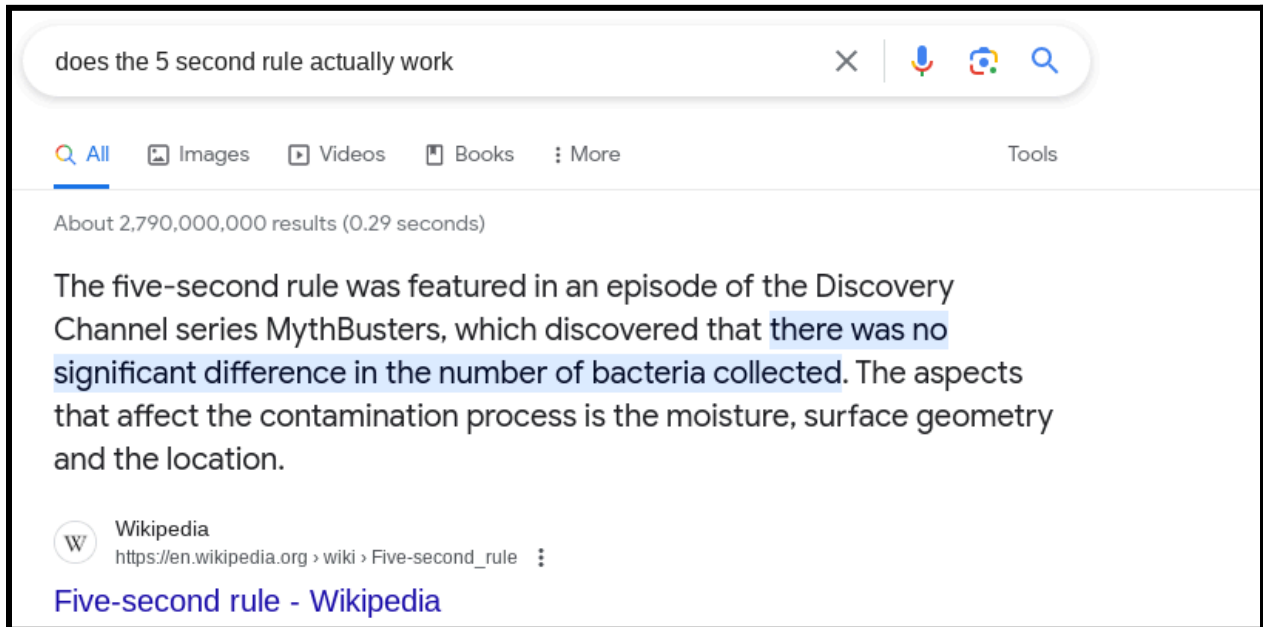
[Spar-Klean Science: What is the dirtiest place in the kitchen? -](#)

Nov 23, 2023

I found a really good website (one above) really helpful definitely will go back and forth in the process of the experiment

**Nov 28, 2023**

The first thing that you get when you search up “does the five second rule actually work” on google you get



Which is why I am doing this experiment!

**Nov 30, 2023**

First I need to get the materials that I need for the experiment

1. Petri Tray (so I tried texting Amazon but Amazon supports Israel so I decided to use the website called Alibaba and I found out that it's so much cheaper than Amazon. Amazon had it for \$20 and then I checked Alibaba and it was literally \$0.17)
2. Cotton Swabs (I already have corn swabs at home and I checked online to see if they work and they do work with the Petri trays)

3. Food (I'm thinking of using an apple, banana and other fruits)
4. Surface (I am also thinking of making a difference of you could say levels of surface I'm thinking of making one really dirty and one super clean and one in the middle and then using that for with each food)

**Dec 7, 2023**

**Religion:** In Islam we believe that if a piece of food falls on the ground you blow on it 3 times and say “Bismillah”.

This has different types of logic behind it:

1. Blowing on something makes some of the pieces that are stuck to it fly away.
2. Similarly, if one breathes on food their breath has a lot of saliva on it so sometimes it makes some germs on it.
3. In the religion of Islam if one says the word “Bismillah” or “In the name of God” one says it before doing something such as eating it is also a form of protection.

**Dec 14, 2023**

I will put it to the test this week:

A friend and I will both drop the same food on the same floor at the same time. I will pick it up within 5 seconds and say “Bismillah” and my friend will not say it. Then we will test to see if the food has the same amount of germs on it or not.

We will repeat this with various foods: raw vegetables, cooked vegetables, meat, and dessert. We will record the results.

We will drop food on the ground and test the food before dropping it and after 5 seconds, without saying Bismillah

I will go outside and ask other people(from different ages and grades) about their opinion about the 5 second rule and see if they think it's true or not.

**Dec 29,2023**

Description of experiment or research study:

My project "Does the 5-Second Rule Work" is an investigation aiming to determine if it's safe to eat food that has been dropped on the floor, under the belief that it's okay as long as it's picked up within five seconds. This experiment's goal is to provide clear evidence about whether this rule is true or not. In the end, the findings could influence guidelines about food safety and raise awareness about the potential health risks of eating food that has touched various surfaces.

Logo:



## **Jan 9, 2024**

Hadith:

<https://www.islamweb.net/en/fatwa/273826/eating-food-that-fell-on-floor-is-good-conduct-not-an-obligation>

## **Jan 10, 2024**

To Do:

- Make sure to use [slides go](#) while making your presentation on google slides.
- Make sure to finish the experiment before February 26, 2024
- Make sure to Finish all the forms on CYSF website by April 11, 2024

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