



CWSF 2008 - Ottawa, Ontario



Sarah Mack

The Fat In Your Fries

Division: Life Sciences / None

Category: Junior

Region: South Shore City: Lunenburg, NS

School: Centre Consolidated School

Abstract: For my project I measured the average amount total amount of fat in 8

different types of French fries in order to find out whether or not it is safe to trust the nutritional information the chains I obatained the fries from provide, and found that the difference between the amounts the chain's stated and

the amounts my experiment found were quite different.

Biography

My name is Sarah Mack and I am in grade 8 at Centre Consolidated School near Lunenburg, Nova Scotia. For the past 6 years I have been a member of the Lunenburg Mariners swim teams and for the psat 5 years I have been a member of West Nova Fuels Tier-2 soccer club. I am also very involved in sports at school doing: cross country, soccer, basketball, track and field. I am also a member of my schools leadership comittee. I have always maintained very good grades and last year I ended my school year with a 96.5% average.

Awards	Value
The University of Western Ontario Scholarship	\$1 000
Bronze Medallist - \$1000 Entrance Scholarship	
Sponsor: University of Western Ontario	
Bronze Medal - Health Sciences - Junior	\$300
Sponsor: Canadian Institutes of Health Research	
Total	\$1 300



