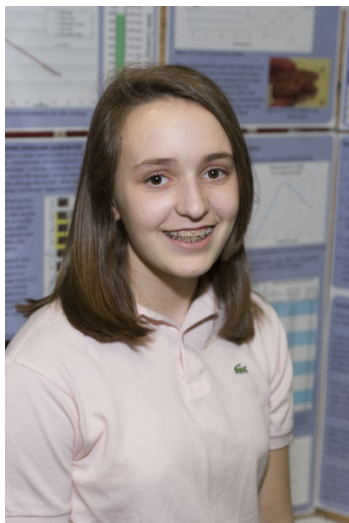


## CWSF 2009 - Winnipeg, Manitoba



### Caroline Foody

#### The Medium Rare Hamburger: An E. coli Sandwich?

**Division:** Life Sciences / None

**Category:** Intermediate

**Region:** Ottawa

**City:** Ottawa, ON

**School:** Ashbury College

**Abstract:** This project looks at how to cook a medium-rare hamburger that satisfies recognized safety standards. Simple recommendations say that a hamburger should reach 165F to be safe, and stay below 135F to be medium-rare. I found that both food safety and degree of "doneness" are functions of time as well as temperature and that it is possible to cook a safe, medium-rare hamburger.

#### Biography

My name is Caroline Foody. This is my first time going to the CWSF and I am very excited for the whole experience. Outside of school, I compete both nationally and internationally in cheerleading. At school, I am an active member of the environmental club, Spanish club and junior varsity volleyball team. In the future, I hope to pursue a math and/or science related career (perhaps food science?) although I have no concrete hopes or specific plans.

#### Awards

#### Value

Dr. Michael Smith Innovation Award - Intermediate Sponsor: Youth Science Canada	\$750
<b>Total</b>	<b>\$750</b>