

## CWSF 2009 - Winnipeg, Manitoba



### You are What You Eat

**Division:** Life Sciences / None

**Category:** Junior

**Region:**

**City:** ,

**School:**

**Abstract:** Experiments based on Snell's Law of Refraction were conducted to quantitatively and qualitatively investigate the highest quality produce from local test sites. Over two thousand tests were conducted on produce and over five hundred participants completed a consumer questionnaire. Results concluded, the highest nutrient values in produce, were found in home gardens. Awareness is needed to ensure consumers are obtaining the highest quality produce available.

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