

## CWSF 2011 - Toronto, Ontario



### Benjamin Chisholm

#### Le Sodium

**Challenge:** Health

**Category:** Junior

**Region:** Conseil scolaire acadien provincial

**City:** Truro, NS

**School:** École acadienne de Truro

**Abstract:** I measured the different amounts of sodium in processed food and home cooked food. What I found was that processed food had in general 3.6 times more sodium than home cooked foods. I also found the the nutrition facts labels don't tell us the correct percentage of sodium recommended daily.

#### Biography

My name is Ben Chisholm. This is my first national science fair. It is very exciting to be participating in such a high level competition. I have also gone to a provincial heritage fair but, I don't think it will compare to nationals. One of the sports I play are volley-ball, for my local club team and school team. For both teams we are second in our divisions. I also play tennis in the Atlantic circuit. Another sport I play is badminton for my school. Me and my partner came second in provincials last year. My favorite past time besides sports is reading and writing. My career plan is to become a lawyer or a PHD. in science research.