

CWSF 2013 - Lethbridge, Alberta



The 5-Second Rule: Myth or Truth?

Challenge: Health

Category: Junior

Region:

City: ,

School:

Abstract: This study investigated whether it is healthy to eat a piece of food that has been dropped on the floor/desk within 5 seconds to determine whether the 5 Second Rule is a myth or the truth? An experiment and survey was completed with male/female students (ages 11-14) to determine their food safe knowledge and practices. This project will help students make healthy food safe choices.