

CWSF 2014 - Windsor, Ontario



Suzanne Qavavau

Vitamin C

Challenge: Health

Category: Senior

Region: Kitikmeot

City: Taloyoak, NU

School: Netsilik School

Abstract: My project is about how different cooking methods affect Vitamin C levels in our foods. Vitamin C is important because it can destroy harmful substances that can lead to heart disease and also helps prevent certain cancers. Vitamins are best from fruit and vegetables, however we cannot grow our own in the North so it is important to know the best cooking methods.

Biography

Vitamins are best from fruit and vegetables, but we cannot grow our own outdoors. In the North, it is rare for most people to take vitamin tablets. Prices are very high and the vitamins can be damaged because they are more than a week old when we receive them. We need to keep the vitamin C levels high in our foods as best we can. I would like to investigate some of the common fruits we get in the community and I would like to do a comparative study with a student in the south to see how long distance transport affects the integrity of the nutrients in the fruits and vegetables. I would advise that they choose something they're interested in and passionate about. It makes it a lot more enjoyable to continue working on a project and it also drives you to learn as much as you can about the subject.