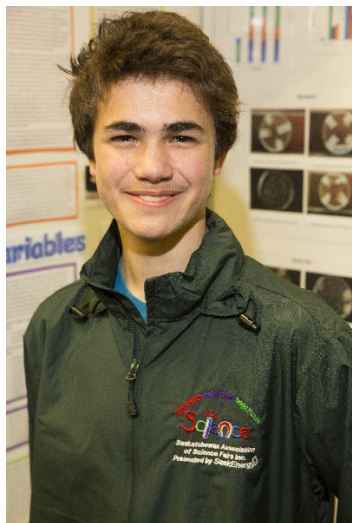


## CWSF 2014 - Windsor, Ontario



### Seamus Lim-Heley

#### Life in a Dish

**Challenge:** Health

**Category:** Junior

**Region:** Northern Saskatchewan

**City:** Air Ronge, SK

**School:** Churchill Composite H.S.

**Abstract:** What's the safest way to defrost chicken meat? Chicken pieces were defrosted in the microwave, on the counter, in the fridge and in a plastic bag placed in warm water in order to answer this question. The thawed pieces were swabbed with a cotton swab and dabbed onto an agar coated petri dish. Bacteria grew in the dish; less bacteria meant a safer defrosting method.

#### Biography

My Irish name Seamus is commonly mispronounced as Sea-mus as opposed to the actual pronunciation of Shay-mus. I was born and raised in South Australia for 11 years until my mom received an opportunity to live in Canada. After almost three years of living in Saskatchewan with my family, I have developed a tolerance to the cold and have experienced a Canadian lifestyle and culture. I excel academically, especially in the fields of Math and Science which I both especially enjoy. I'm particularly fascinated in science especially in the field of microbiology, which has inspired me to conduct various experiments related to chicken meat preservation before cooking. The concept of growing bacteria specimens within an agar coated petri dish combined with the somewhat unexplored question of what's the best way to defrost chicken, has led me to pursue my experiment. In the following years of my high school life, I hope to develop new, even more efficient ways to safely defrost any kind of meat, by using my research from my current project as an outline. I would recommend that future CWSF finalists never overestimate how much time they have, and to always have confidence in themselves.

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