

## CWSF 2016 - Montreal, Quebec



### Prutha Patel

#### Vitamin C: C for Captured?

**Challenge:** Discovery

**Category:** Junior

**Region:** Rideau-St. Lawrence

**City:** Brockville, ON

**School:** Brockville Collegiate Institute

**Abstract:** Do we lose Vitamin C in vegetables when we boil them? That was the exact question I posed when I started this experiment. After conducting multiple tests, I came to the conclusion that you start losing Vitamin C at just 2 minutes! If you like boiled carrots, boil them with a lid and use the water. You can also just simply eat them raw.

#### Biography

My name is Prutha Patel, a 13 year old girl studying in Grade 8 at Brockville Collegiate Institute. I am an up-beat girl who enjoys playing piano both for fun and Royal Conservatory, playing the clarinet, basketball, soccer, badminton, reading, illustrating, and bicycling with my younger sister in my luxurious free time. I also like to help out my mom in the kitchen and know many mouth-watering recipes such as pasta, spaghetti, noodles, and lasagna. Science and math are my two favorite subjects and I enjoy them to their fullest. I have always been interested in Health-related activities so when a golden opportunity like Science Fair came by, I jumped at it! Since this was my first science fair ever, I was really excited to try something new! For my project I'd like to further investigate whether we lose other essential nutrients in vegetables when we boil, juice, and steam them. I would recommend that if you want to pursue a project in Health, you have to always look for ways to improve your project. You know what they say, the sky's the limit! Even then, we've gone past the sky and landed on the moon!

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