

## CWSF 2019 - Fredericton, New Brunswick



### Ruby Kinash

#### Bacterial Counts in Sauerkraut

**Challenge:** Discovery

**Category:** Intermediate

**Region:** 4-H Canada

**City:** Wishart, SK

**School:** Kenaston School

**Abstract:** Health experts, cookbooks, and websites all say that sauerkraut has millions of bacteria that are good for your physical and mental health. My project took a closer look at this, measuring bacteria amounts in sauerkraut. I also compared different kinds of sauerkraut. By doing this, I now know which sauerkraut has the most beneficial bacteria and is the best choice.

#### Biography

My name is Ruby Kinash. I am in grade 9, and part of the Kenaston Distance Learning Center. I am currently about to do my grade 8 piano exam, have been involved with 4-H for nine years, and Ukrainian dance for ten years. I grew up on a sustainable farm and in a family very focused on nutrient dense food and health. I enjoy baseball, reading, and biking. I plan to attend Dalhousie University, and study medicine, to become an OB/GYN. Earlier this year, I attended a youth leadership conference and won a scholarship. I got inspiration for my project from my family, who is always making sauerkraut, and my fascination with how bacteria works within people's gut microbiome, since it is a popular topic in my household. I plan to learn more about exactly what strain of bacteria I am looking at, and how it helps people's health. Her advice to others is make sure you are passionate about your project, and are interested in learning more. Dedicate time to it, and be open to all ideas.

Youth Science Canada  
PO Box 297  
Pickering ON L1V 2R4  
[www.youthscience.ca](http://www.youthscience.ca) / [info@youthscience.ca](mailto:info@youthscience.ca)  
416-341-0040