

## CWSF 2019 - Fredericton, New Brunswick



### Cecilia Darling

#### Losing Your Lunch

**Challenge:** Health

**Category:** Junior

**Region:** East Parry Sound

**City:** Sundridge, ON

**School:** Land of Lakes Senior P.S.

**Abstract:** The five second rule is a common belief in a school lunchroom, and I wanted to discover the answer to this urban myth. This project investigates how much bacterial growth occurs when food is dropped on the floor, and whether the type of food or type of surface effects how much bacteria grows. The results from this experiment led to further investigation using lunch bags.

#### Biography

I am Cecilia Darling, a grade 8 student at Sundridge Centennial Public School, in Sundridge, Ontario. I am currently the prime minister of my school, and I enjoy planning events that allow students to reach out to the community. My favourite school subjects are English and Science. I take part in a daily grade 9 geography course to earn a high school credit. I am a competitive dancer at BTS Dance Corp. and am taking Grade 6 Royal Conservatory piano and Grade 2 theory. In my free time, I enjoy reading, travel, and helping out with younger dance classes. For my future career, I am considering being either a psychiatrist or a secondary school teacher. The inspiration for this project came from watching my classmates accidentally drop parts of their lunch on the floor, and yelling "five second rule" before eating it. Further investigations for this project could be determining the type of bacteria that has been grown on these items of food, and how dangerous it is to consume certain types of bacteria. This is my first time attending Canada Wide Science Fair, and I am thankful for the support of my teachers and family, throughout this experience.