

# CWSF 2019 - Fredericton, New Brunswick



## Noah Abbass

### The Kibbeh Story: Does Cinnamon or Onion Deter Bacteria Growth?

**Challenge:** Health

**Category:** Junior

**Region:** Chignecto East

**City:** Thorburn, NS

**School:** East Pictou Rural Middle School

**Abstract:** My project looked at the bacteria growth in a common Lebanese dish Kibbeh. Kibbeh is a meat dish served raw! I was interested in knowing whether or not certain ingredients used in the making of Kibbeh, prevented the growth of common bacteria found in raw beef.

### Biography

My name is Noah Abbass, and I attend East Pictou Middle School in Pictou County, Nova Scotia. Family and tradition is important to me and my family, so I decided to choose a project that was of culture significance. Having a Lebanese background, and loving traditional Lebanese food, doing a project on Kibbeh was an easy choice. In the future, I would like to do an investigation into the use of Lamb when making Kibbeh, and to see how the bacterial levels would differ using Lamb as opposed to the Beef that I used in my experiment. My advice to others doing a Science Fair project, is to choose something that you have an interest in.