



## CWSF 2006 - Saguenay, Québec



## **Carleen Boyce**

## Comparing the Vitamin C Level of Common Fruits

**Division:** Life Sciences

Category: Junior
Region: Toronto
City: Toronto, ON
School: St. Richard C.S.

Abstract: This project compared the Vitamin C levels of common fruits by using an

indicator solution. Vitamin C is an ascorbic acid and an antioxidant vitamin. It is important to have Vitamin C everyday. The kiwi had the highest level of

Vitamin C followed by the strawberry and orange.



