

## CWSF 2006 - Saguenay, Québec



### Laura Warkentin

#### As Nutritious as Fresh

**Division:** Life Sciences

**Category:** Junior

**Region:** St. James-Assiniboia

**City:** Winnipeg, MB

**School:** Bruce Middle School

**Abstract:** This project tested how the processing of food effects its Vitamin C content. The Vitamin C content of fresh fruits and vegetables were compared to canned and frozen. A Vitamin C indicator was used for this method. It was found that compared to fresh, frozen foods are effected least by processing.