

## CWSF 2013 - Lethbridge, Alberta



### **The 5-Second Rule: Myth or Truth?**

**Challenge:** Health

**Category:** Junior

**Region:**

**City:** ,

**School:**

**Abstract:** This study investigated whether it is healthy to eat a piece of food that has been dropped on the floor/desk within 5 seconds to determine whether the 5 Second Rule is a myth or the truth? An experiment and survey was completed with male/female students (ages 11-14) to determine their food safe knowledge and practices. This project will help students make healthy food safe choices.