

## CWSF 2015 - Fredericton, New Brunswick



### Gracie Kuppenbender

#### How Do You Like Them Apples?

**Challenge:** Health

**Category:** Junior

**Region:** Northern Saskatchewan

**City:** Air Ronge, SK

**School:** Churchill Composite H.S.

**Abstract:** In an effort to find the most effective way to clean apples, I swabbed the bacteria from them after having washed them four different ways. I found that the best way to wash your apples is to soak them in one part vinegar to three parts water for five minutes and then scrub them under warm water. Do not dry them with a tea towel!

#### Biography

My name is Gracie Kuppenbender and I am a grade eight French Immersion student at Churchill Community High School in La Ronge. I am Métis, born and raised in northern Saskatchewan! I love to play and teach piano. I adore musical theatre and have done ten major productions so far. I have been figure skating since I was four years old and am a competitive skater. At school, I take part in wrestling, cross country skiing and running, drama, track and field and the students against drinking and driving club. I volunteer to prepare and serve healthy breakfasts to elementary students every week. I hope to pursue a career in the health field. I am a vegetarian and am very passionate about nutrition. It is this passion and my desire to help make the world a healthier place that inspired my project. I plan to continue with my project next year; but, instead of testing for bacteria, I would like to test for pesticides. I feel that pesticides are a big threat to people, animals, and plants. The best advice that I have for other students wanting to do a project is....choose a topic that you are passionate about!

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