**Student Video Competition: Debunking Food Myths**

***Abstract Submission***

Name, E-mail, and IFT member ID number required for team contact and all participants.

**Video Abstract Title**

Should be descriptive and catchy!

Abstract body (<300 words)

* What is the myth you are debunking?
* What negative impact does this myth cause?
* What is its history (if known)?
* What scientific evidence debunks it?

Do not include in-text citations in abstract

**References:**

Use APA 7th edition formatting