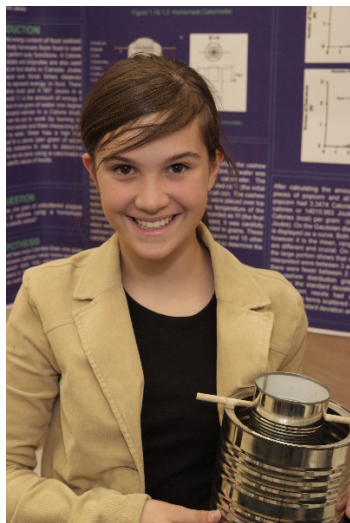


## CWSF 2007 - Truro, Nova Scotia



### Katherine Sawicka

#### "Burning" Calories

**Division:** Life Sciences / None

**Category:** Junior

**Region:** Saskatoon

**City:** Saskatoon , SK

**School:** Greystone Heights

**Abstract:** This project was designed to determine which food, (cashews or unbuttered popcorn) contains more calories per gram. The calorific values were measured using a homemade calorimeter. Cashews showed to have more calories per gram than unbuttered popcorn (over 204 calories more). A higher concentration of lipids and a significant amount of protein existent in the cashews contributed to the higher calorific values.

#### Biography

I am 14 years old and in Grade 8 living in Saskatoon Saskatchewan. My interests include traveling, athletics, reading and listening to music. My favorite sports include alpine skiing, tennis and volleyball. I enjoy seeing foreign places, meeting new people and learning about other cultures. One of my favorite novels is Life of Pi by Yan Martel. I am involved in my school community joining many clubs and school teams such as the volleyball and basketball team. I take part in service work and really enjoy helping people and need. After high school I would like to attend University in Canada and pursue a career in medicine or engineering. I am very outgoing, enthusiastic and ambitious in every aspect of my life.

#### Awards

#### Value

Honourable Mention - Health Sciences - Junior Sponsor: Canadian Institutes of Health Research	\$100
Total	\$100