

CWSF 2007 - Truro, Nova Scotia



Kaira Bakkestad-Legare

Stevia: Beneficial Effects; Post-Meal Test

Division: Life Sciences / None

Category: Junior

Region: Winnipeg Schools

City: Winnipeg, MB

School: River Heights School

Abstract: Type 2 diabetes has reached epidemic proportions. The use of sugar in food and drink has been linked to the development of Type 2 Diabetes and cardiovascular disease. Stevia, a natural sweetener is not metabolized like sugar and therefore does not contribute to the blood glucose levels. Stevia is demonstrated to be a beneficial alternative to sugar in a standardized post-meal test.

Biography

My name is Kaira Bakkestad-Legare and I live in Winnipeg, Manitoba. I am a grade 8 student at École River Heights in the French Immersion program. I have done science fair projects since grade 2, both regional and provincial fairs but this is my first national science fair. In 2004, I was a member of the team representing Manitoba at the National Heritage Fair. I do a wide variety of school sports such as volleyball, basketball, soccer, cross-country running, indoor track and cheerleading. I also play the baritone and am in the school jazz band. I do a number of extra-curricular activities as well. I am a member of the Momentum Aerial and Acrobatic Troup which is a group that performs dance, aerial fabric, hoop and trapeze similar to Cirque du Soleil. This July, the Momentum Aerial and Acrobatic Troup will represent Canada in Austria at the 2007 World Gymnaestrada. I have also taken a number of dance classes such as jazz, tap, and ballet and have won a scholarship at the Royal Winnipeg Ballet. Science has always been one of my many interests and I am glad to be a member of the Canada Wide Science Fair.