

CWSF 2007 - Truro, Nova Scotia



Kara Nadeau

Alfalfa: Potential Source of the Health Ingredient Lutein

Division: Life Sciences / None
Category: Senior
Region: Manitoba Schools Science Symposium
City: Fannystelle, MB
School: St. Mary's Academy
Abstract: Alfalfa a common forage crop has potential for use in human food. Alfalfa possesses high levels of the carotenoid lutein which can help prevent age-related macular degeneration. The focus of the research was to test varieties of alfalfa at different harvest dates. Lutein levels in alfalfa can create functional foods or nutraceutical and contribute to sectors of the agriculture value-chain.

Biography

I come from a small town called Fannystelle, 45 minutes South West of Winnipeg, MB. My family farms and manages a seed operation; this is where my love of agriculture began. I have grown up enjoying nature, exploring and the outdoors. An extra activity that I have been involved in is dance which has been a major influence in my life since I've been enrolled in different dance programs for 13 years. I teach swimming lessons in the summer and run a children's summer camp with my older sister. Being involved on my school debating team has given me many opportunities to do public speaking and travel. I am involved as a mission leader at my school to support and raise money for the unfortunate people around the world. I am graduating this year from St. Mary's Academy and planning on attending University of Saskatchewan for Bachelor of Science in Agriculture. I enjoy traveling, photography, spending times with friends and family and living life to the fullest.

Awards

Value

Petro-Canada Peer Innovation Award - Senior - Central Canada Sponsor: Petro-Canada	\$200
Dalhousie University Faculty of Science Entrance Scholarship Senior Silver Medallist - \$2000 Entrance Scholarship Sponsor: Dalhousie University, Faculty of Science	\$2 000
UBC Science (Vancouver) Entrance Award Senior Silver Medallist - \$2000 Entrance Scholarship Sponsor: The University of British Columbia (Vancouver)	\$2 000
The University of Western Ontario Scholarship Silver Medallist - \$1500 Entrance Scholarship Sponsor: University of Western Ontario	\$1 500
Silver Medal - Health Sciences - Senior Sponsor: Canadian Institutes of Health Research	\$700
Total	\$6 400