

## ESPC 2007 - Truro (Nouvelle-Écosse)



### Kara Nadeau

#### Alfalfa: Potential Source of the Health Ingredient Lutein

**Division:** Sciences de la vie / Aucun

**Catégorie:** Sénior

**Région:** Manitoba Schools Science Symposium

**Ville:** Fannystelle, MB

**École:** St. Mary's Academy

**Sommaire:** 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.

#### Biographie

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.

#### Prix

#### Valeur

Prix Innovation Petro-Canada décernés par les pairs - Senior Centre du Canada Commanditaire: Pétro-Canada	200,00 \$
Bourses d'admission de la Faculté des sciences de l'Université Dalhousie Médaille d'argent, sénior - Bourse de début d'études de 2 000 \$ Commanditaire: Université Dalhousie, Faculté des sciences	2 000,00 \$
Prix d'admission en sciences de UBC (Vancouver) Médaille d'argent, sénior - Bourse d'admission de 2 000 \$ Commanditaire: The University of British Columbia (Vancouver)	2 000,00 \$
Bourse d'études de l'Université Western Ontario Médaille d'argent - Bourse de début d'études de 1 500 \$ Commanditaire: Université Western Ontario	1 500,00 \$
Médaille d'argent - Sciences de la santé - Sénior Commanditaire: Instituts de recherche en santé du Canada	700,00 \$
<b>Total</b>	<b>6 400,00 \$</b>