

## CWSF 2008 - Ottawa, Ontario



### Julia Pomerantz, Nikolina Khranovskaya

#### Efficient Eating

**Division:** Life Sciences / None

**Category:** Junior

**Region:** Toronto

**City:** Toronto, ON

**School:** Dublin Heights E. & M.S.

**Abstract:** Efficient Eating focuses on how a balanced diet is more nutritious than others. Three boys and three girls volunteers ate according to meal-plans we made and the other three girls and three boys ate the average Canadian diet (not enough vitamins, caloric foods...). After participating in several experiments, such as a race, the "healthier" volunteers achieved better results overall.

#### Biographies

Julia - My name is Julia Pomerantz and I am currently in the grade 8 Gifted program at Dublin Height E.&M.S. in Toronto. I participate in a variety of activities and clubs at school, such as: the drama club/play, the Yearbook Committee, the Environment Club and the Middle School Band (I play trumpet). My favourite subjects are English, History, Math and Science. Outside of school, I play competitive tennis, and I participate in competitive swim meets. I organize community "clean-up days" and charity BBQs. As a part-time job, I tutor kids in grade 5 in Math and French (I attended French Immersion from SK until the end of grade 7). I plan to attend U...

Nikolina - I was born in Moscow, the capital of Russia. For grade 5 my parents transferred me to english bias school. When I came to Canada(Toronto) on October 23rd 2005, in grade 6(Rockford P.S.), I didnt have to go to ESL. Then in gr. 7 I got a gold medal for "Speeches" at my school (Fisherville J.H.)and a medal for highest average for gr.7s. I participated in our school show with dancing and live-singing. I participated in Cross-Country. In gr.7 I passed the gifted test and for gr.8 went to Dublin Heights gifted program. In summer 2007 I started attending piano lessons. Before I took art lessons, I like both activities quite a lot. I like sports, suc...