

## CWSF 2009 - Winnipeg, Manitoba



### Shandy Wogan

#### The Effects of Energy Drinks on Teenagers

**Division:** Life Sciences / None

**Category:** Intermediate

**Region:** Peace Country

**City:** Red Earth Creek, AB

**School:** Red Earth Creek School

**Abstract:** To determine the physiological effects of energy drinks on teenagers, subjects were required to consume 500 ml. of two popular energy drinks. At 15, 30, 60 and 120 minutes after consumption; blood sugar, blood pressure, pulse, and reaction time were measured. Results were indeterminate although trends show energy drinks produced sustained levels of blood sugar as compared to an apple juice control.

#### Biography

My name is Shandy Wogan. I go to school in Red Earth Creek, Alberta and am in grade nine. When I finish school, I plan to go to university to be a doctor or an anthropologist, or something along those lines (My mum is Diabetic, hence my interest in the medical field). I am an Irish/Canadian citizen and I listen to a wide variety of music, mostly indie or classic rock. I like to read, write, play the piano, hang out with my awesome friends and family, and watch a few choice TV shows (I proudly own all seven seasons of Buffy). My favorite subjects are English and Science and my favorite colors are red, green, brown, and indigo. I am extremely accident prone, to the point that my teachers renamed Band-Aids Shand-Aids. As for achievements; I was accepted to the Alberta Writers Guild Youthwrite last year and have had several of my poems published. This year I won Best in Fair and Overall Life Sciences for my project "The Effects of Energy Drinks on Teenagers" at the Peace Country Regional Science Fair, and I have won first place in our local science fair for the last five years.

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