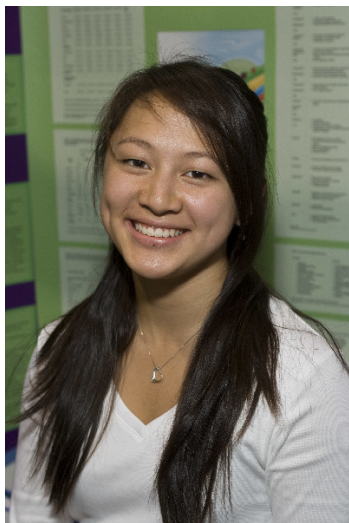


## CWSF 2010 - Peterborough, Ontario



### Samantha Wong

#### Nutrition and Stress

**Division:** International

**Category:** Senior

**Region:** Simcoe County

**City:** Collingwood, ON

**School:** Pretty River Academy

**Abstract:** Through various studies, it has been deduced that nutrition is a vital factor in moderating stress levels. Through the analysis of these studies, a research paper was compiled that supports this trend. An experiment followed this research that compared the stress and nutrition levels of competitive swimmers, to that of non-competitive swimmers. A correlation between nutrition and stress will be revealed.

#### Biography

In my seventeen years, I have lived in three different countries: Hong Kong, Canada and Australia. I was born in Hong Kong, and lived there until I was seven. My parents decided that a Canadian education was best, and my brother and I were later enrolled in Pretty River Academy. I have attended this institution since grade 3, except for two years that were spent in Australia. We went there for my mother's Masters degree in teaching, and we returned to Canada and Pretty River Academy in 2006. I am a competitive swimmer with the Collingwood Clippers, and have been swimming for two years. Last season, I was awarded the Spirit Award, which is representative of leadership and team spirit. Other personal awards include Athlete of the Year (2007, 2009), Excellence in Food & Nutrition (2008), Excellence in Writing (2009) and the Pride Award for two consecutive years. During the 2008 Regional Science Fair, I received a gold medal in my division, and received another this year. I also received the Best in Health Sciences and Best in Fair Award. It was an honour to be chosen for the Canada Wide Team.

Youth Science Canada  
PO Box 297  
Pickering ON L1V 2R4  
[www.youthscience.ca](http://www.youthscience.ca) / [info@youthscience.ca](mailto:info@youthscience.ca)  
416-341-0040