

## CWSF 2011 - Toronto, Ontario



### Rashmini Shunmugam

#### Bitter Sweet Sugar!

**Challenge:** Health

**Category:** Junior

**Region:** Western Manitoba

**City:** Brandon, MB

**School:** Harrison Middle School

**Abstract:** To stress the importance of sugar intake in: - Healthy people, to prevent diabetes. -Diabetics, to control sugar levels and to prevent complications with the disease. I tested 6 different sugars. To find out which of these sugars has the highest glucose level and which sugars would be suitable for diabetics to have as part of their diet for 5 ml.

#### Biography

I was born in Durban, South Africa on July 3, 1998 at 27 weeks. My family moved to Canada when I was three years old. I have attended a French Immersion school and now I am in grade 7. In grade 4, I competed in a provincial French speech concours d'art oratoire competition and was placed second. I also represented my school in English speech contests in grade 4 and 5. I love music and have been playing the piano for 6 years. I have taken the Royal Conservatory of Music practical exams for grades 5 and 6 and am currently in grade 7 piano. At school in the East Side band I play the alto saxophone and the clarinette. My favourite hobby is dancing, I have been dancing ballet for 7 years and have just started point, I also learn flamenco dancing. I have obtained, in tae-kwon- do, a first degree black belt, which takes 3 and a half years to get. At the YMCA, I have completed Youth Masters in swimming. I enjoy playing soccer, tennis, biking and taking my dog for walks in the summer. In the winter I love going Skiing, tobogganing and having snowball fights.

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