

## CWSF 2011 - Toronto, Ontario



### Ryan Herridge

#### Running on Empty? Fuel up with Carbs

**Challenge:** Health

**Category:** Intermediate

**Region:** Central Newfoundland

**City:** Marystown, NL

**School:** Pearce Jr. H.S.

**Abstract:** This project studied the effectiveness of simple and complex carbohydrates as energy sources. Blood sugar levels were measured at defined intervals following consumption of both types of carbohydrates. Generally, simple carbohydrates increased blood sugar level followed by a more rapid reduction in the levels. Complex carbohydrates increased blood sugar gradually but sustained the heightened levels for a longer period of time.

#### Biography

My name is Ryan Herridge and I am 14 years old. I attend Pearce Junior High in Burin where I am a Grade 9 student. I am involved in choir, drama and I am part of our school's leadership committee. I am also involved in various sports such as tennis, swim team, and soccer. I attend private music lessons and have been participating in the Kiwanis Music Festival every year for the last four years. I love reading, hanging with my friends, and being outdoors. I would describe myself as outgoing, funny, honest and dependable. Some of my greatest achievements thus far include going to the National Heritage (Historica) Fair at the age of 10, competing in various music festivals, performing with the school drama troupe at Regional Drama Festivals, attending the Regional Lions Club Speak Off, and maintaining honours in school. In Grade 7, I was president of the student council and was awarded top male student for the school year.

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