

## CWSF 2012 - Charlottetown, Prince Edward Island



### Christina Petluk

#### Food for Thought: Diet and Behaviour for Autism

**Challenge:** Health

**Category:** Senior

**Region:** Peace Country

**City:** Nampa, AB

**School:** Glenmary School

**Abstract:** Food for Thought; Dietary changes in children w/ autism and behavioural development focus' on how changing certain aspects of diet can improve stereo-typed behaviour often associated with with autism. I explore how adjusting diet improves accordingly at the biochemical level. The diet relies decreased on gluten and casein, additives and preservatives, and heavy metal (especially mercury). Behaviour, conditions commonly found with autism are improved.

#### Biography

I am from a Village called Nampa, Alberta and I usually spend most of my time watching cheezy horror films, reading books, listening to music, drinking coffee, hiking/camping and dabbling in my visual arts. My favourite classes in school are art, biology and chemistry. I really hope to pursue a career in biological sciences. I strongly believe the answer to universe, life and everything is 42.