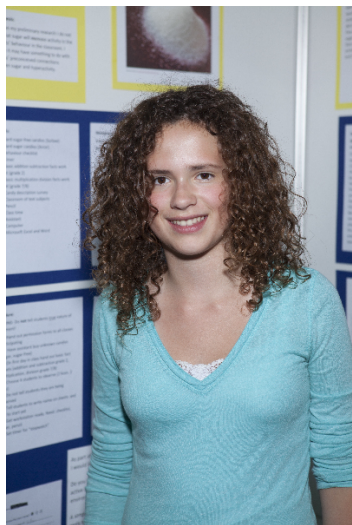


# CWSF 2013 - Lethbridge, Alberta



## Victoria Taylor

### Sugar in the Classroom - A Placebo-Controlled, Double-Blind Experiment

**Challenge:** Discovery

**Category:** Junior

**Region:** Central Alberta

**City:** Sundre, AB

**School:** River Valley School

**Abstract:** This experiment was designed to measure increases in activity in children when they consume sugar in the classroom. Active behaviours were recorded, while test subjects performed a mathematical task. Three trials were conducted with each group over three consecutive days; a baseline trial, a trial using sugar candy, and a placebo of sugar-free candy. No difference in activity was found between sugar and placebo trials.

#### Biography

I am a grade seven student at River Valley School in Sundre, located west-central Alberta. I have been competing in science fairs every year since grade two. I love participating in my local fair because it encourages me to challenge myself and work hard towards a goal. I like to creatively solve the problems that I am faced with and solve them in a hands-on way. My inspiration for this project came from me questioning the idea that sugar makes kids "hyper" and designed an experiment to test this. I received a gold medal and Best in Fair at the Mountain View County fair and a gold medal and First-Runner Up to Best in Fair at the Central Alberta Regional Science Fair. I also received the psychology award at the regional fair. I will extend this project to see if the increased behaviours after the consumption of candies are because of the test subject's act of eating food or if it's because they are excited to receive something. Some advice to students who are thinking about joining the science fair would be to just try it! Choose a unique topic and go from there!

#### Awards

#### Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	\$100
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$1 100</b>