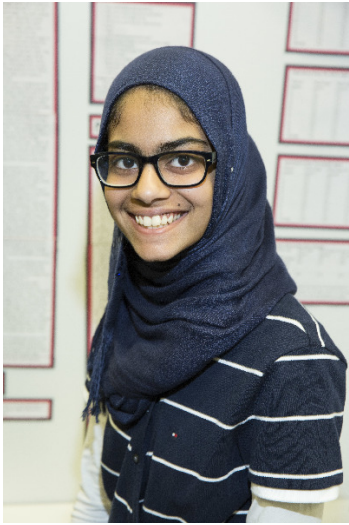


# CWSF 2014 - Windsor, Ontario



## Maleeha Meghjee

### The Sugar Rollercoaster

**Challenge:** Health

**Category:** Junior

**Region:** York

**City:** Aurora, ON

**School:** As-Sadiq Islamic

**Abstract:** Coconut sugar is increasing in popularity as a healthy alternative to white sugar. A randomized controlled trial was conducted to determine the effect of coconut sugar and white sugar on blood glucose levels in humans. Coconut sugar resulted in a 13% increase in blood glucose levels; while white granulated sugar increased by 22%. The results were statistically significant thus coconut sugar is a healthier alternative.

#### Biography

My name is Maleeha Meghjee and I am a grade 8 student from As-Sadiq Islamic School. I live with my parents and two younger siblings. I love playing sports and play on my school's volleyball, basketball and soccer team. I enjoy learning and doing well in school. I have won many awards in science, English and French since grade 4. In grade 5 I also won the moral character award. Outside of school, I enjoy spending time with family and friends, and I participate regularly in the sport of taekwondo. I am currently a second degree black belt and training towards obtaining my 3rd degree black belt. I hope to one day be able to teach young women the art of self defence. The inspiration for my project came from my mom who regularly uses coconut sugar. I wanted to know if it really is better than white sugar. I plan on further testing coconut sugar on people with diabetes to see if it can help them control their sugar levels. My advice to students looking to choose a project would be to choose something that interests you, and something that can potentially better the lives of others.

#### Awards

#### Value

Excellence Award - Junior - Bronze Medal Sponsor: Nuclear Waste Management Organization	\$100
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$1 100</b>