

CWSF 2014 - Windsor, Ontario



Kaya Persad

Which is Better?

Challenge: Health

Category: Intermediate

Region: Edmonton

City: Edmonton, AB

School: Lillian Osborne High School

Abstract: My project is looking at how over a short period of time (5 days) someone drinking only one cup of green tea a day (no other caffeine source) will be more beneficial to ones cardiovascular health, exercise tolerance and sense of awareness compared to drinking one cup of coffee a day, or no caffeine at all.

Biography

My name is Kaya Persad and I am from Edmonton, Alberta. I am a grade ten student at Lillian Osborne High School. I enjoy sports and joined some of my school teams, I also take piano lessons. I got inspiration for my project when I was reading about the heart and how diet effects it. For further investigations I would like to see how different concentrations of green tea effect the heart and what concentration has the best results and find out what ingredient has the effects. For anyone who wants to do a project, just do a little bit of background research, think of a way to make it your own and work hard to achieve your goal.