

CWSF 2015 - Fredericton, New Brunswick



Shanaya McMillan

How Do a Variety of Foods Affect Blood Glucose Levels?

Challenge: Health

Category: Junior

Region: St. James-Assiniboia

City: St. Francois Xavier, MB

School: Bruce Middle School

Abstract: While we experience six days at Canada-Wide Science Fair, 2,880 Canadians will be diagnosed with diabetes. This project is an in-vivo experiment that tests and compares blood glucose response to six foods in a 12-year old Type 1 diabetic female. The results are important to understand in order to avoid hypoglycemic episodes or hyperglycemia, and thus avoid short- and long-term consequences of the disease.

Biography

My name is Shanaya McMillan. I am in Grade 7 at Bruce Middle School in Winnipeg, Manitoba. Other than science and math, I enjoy soccer, dancing, swimming, volleyball, basketball, badminton, reading and curling. I got the idea for my project by simply being curious. I am a Type One diabetic and I am interested in how the foods I eat affect my blood glucose levels. By doing this experiment not only can I help diabetics learn more about how foods affect blood glucose levels, but I will also learn more about myself. In the future, I would really like to examine further by consuming proteins or oils with the foods in my project or changing the way the food is prepared to see if it changes the speed of digestion. One piece of advice I have for someone doing a science fair project is to start early so you can collect all the data you desire. Also, pick a subject that is interesting to you. If you pick something that you do not feel strongly about then the topic may bore you and you may not want to do it anymore. Choose carefully!

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