

CWSF 2017 - Regina, Saskatchewan



Khadija Manji, Zoha Sojoudi

Sugar or Spice?

Challenge: Health

Category: Junior

Region: York

City: Thornhill, ON, North York, ON

School: As-Sadiq Islamic

Abstract: This experiment hoped to determine which spice; cinnamon, ginger, turmeric, or black cumin best lowered the glucose levels in the body. Cinnamon is able to hinder carbohydrate digestive enzymes allowing it to slow the breakdown of carbohydrates. This resulted in cinnamon best being able to lower the glucose levels. Cinnamon provides safer, cheaper, and more natural ways to control diabetes.

Biographies

Khadija - My name is Khadija Manji. I am 13 years old and live in Toronto, Ontario. I have always been into the maths, sciences, and arts. I enjoy playing basketball and baseball. I got the inspiration from my project after reading an article my mom showed me about all the cures spices provide us. I noticed that one thing all the spices had in common was that they helped lower glucose levels. After researching and finding out about how diabetes is one of the fastest growing diseases in the world, I wondered if there was a spice that could help diabetics control their glucose levels. For further investigations for this project, I would like to test the ...

Zoha - Zoha Sojoudi is a tiny yet cheerful little girl who adores science, math, and English literature. She believes that the satisfaction of learning is greater than all, and the benefit gained from it is miraculous. Zoha also participates in soccer and basketball tournaments every year. She also enjoys expressing herself through visual and dramatic arts. Earlier in 2017, Zoha and her science fair partner Khadija Manji became aware of the dangers of diabetes, and how common it is today. They also read an article on the effects of spices on high glucose levels, which is what diabetics suffer from. They became fascinated in the powers of spices. Hav...

Awards

Value

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