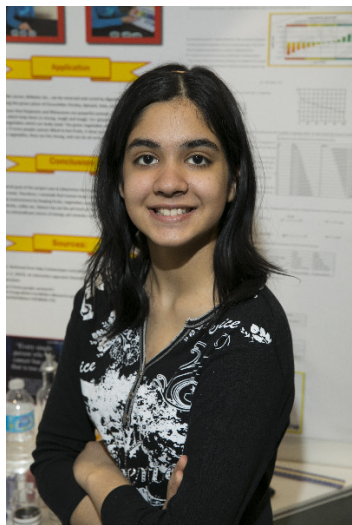


## ESPC 2017 - Regina (Saskatchewan)



### Manahil Nizamani

#### Diet and pH Level

**Défi:** Santé

**Catégorie:** Junior

**Région:** Northern Manitoba

**Ville:** Thompson, MB

**École:** Burntwood School

**Sommaire:** Diet that we eat makes our body alkaline or acidic. pH measures hydrogen concentration in an aqueous solution. pH indicates degree of basicity or acidity, ranked on a scale of 0 to 14. Research shows that nature has made our system alkaline and set it at 7.365. In order to maintain pH at that level and live healthy life, we should select food items carefully.

#### Biographie

My name is Manahil Nizamani. I am 13 years old, studying in grade 8 in Burntwood School, Thompson. Throughout my carrier I have been a brilliant and outstanding student, for this, I credit my teachers and parents, their encouragement and appreciations always boosted my moral that elevated me to my present position. I determinedly work for the community as well. Painting is my hobby. My future plan is to study medicine and become a doctor. I hope with the support of my teachers and through my personal efforts, I will achieve my dream and will then be able to serve humanity. This project on pH value seemed to me as high importance as it relates to health care of human beings. If everyone knows that the secret of healthy life is keeping our system alkaline, they will be happier and live longer. I intend to investigate the effectiveness of different food items that we eat and drink that make our system acidic or alkaline. I would strongly recommend to my classmates to take part in extracurricular activities as well as it plays a lot in building confidence and courage in them, which they can realize when they are actually involved.