

## CWSF 2017 - Regina, Saskatchewan



### Grace Madden

#### Got cow's milk alternatives?

**Challenge:** Health

**Category:** Junior

**Region:** Bison

**City:** Winnipeg, MB

**School:** Holy Cross School

**Abstract:** My project is on which lactose- free alternative is better for people with lactose intolerance. I tested for the presence of lactose, found the viscosity, and compared the nutritional facts of almond and soy milk to cow's milk. The results of my experiment will help people with lactose intolerance make more informed decisions about what they should drink.

#### Biography

Hi, my name is Grace Madden and I am in grade 8 at Holy Cross School. I live in Manitoba's capital city, Winnipeg. I enjoy reading, playing the guitar, and swimming. This year I did my project on lactose intolerance because I have a keen interest in different eating lifestyles and why people eat the way they do. I want to make sure that everyone has food that makes them feel their best. I plan on expanding my project by testing milks and formulas that babies with secondary lactose intolerance can drink. Some advice I would give to anyone who is doing a science fair project is to always sound confident when presenting and practice makes perfect.