

CWSF 2018 - Ottawa, Ontario



Caroline MacKeen

Cerealsly!?

Challenge: Health

Category: Junior

Region: Strait

City: Guysborough, NS

School: Chedabucto Education Centre-Guysborough Academy

Abstract: I studied the amount of sugar in popular cereals, and surveyed people to determine their perception of the amount of sugar in these cereals. I understand that sugar consumption is a big health problem, with people struggling with Type II diabetes and heart disease. By doing this project, I hope to help people try to control their sugar intake and live a better lifestyle.

Biography

Hi, my name is Caroline MacKeen and I live in Guysborough, Nova Scotia. Guysborough is a small town about three hours outside of Halifax. Living in such a small town I know just about everyone, which is something that makes me very happy. I am in grade 8 at Chedabucto Education Center, a primary to 12 school with less than 300 students. At my school I participate in many extracurricular activities, mostly consisting of sports: junior soccer, basketball, badminton, track and field and softball as well as senior soccer and basketball. I am a member of our school's Green team, an environmental group, and a class representative on Student Council. I also enjoy performing in school plays. Outside of school, I play competitive soccer and sing. I am very passionate about my project as health related issues linked to sugar consumption are becoming a significant problem in our society. Both of my grandfathers developed Type II diabetes so I wanted to do a project on sugars in cereal because this is a food I think a lot of people start their day by eating. I hope my project will inspire people to reflect upon the nutritional choices they make.

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