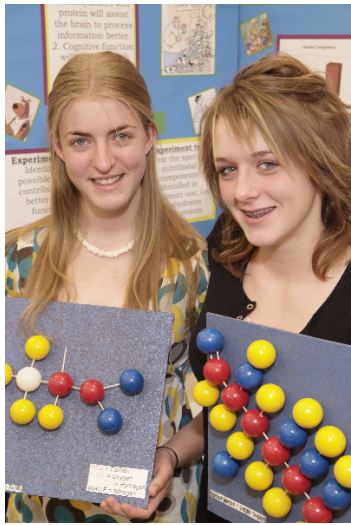


## CWSF 2007 - Truro, Nova Scotia



### Rebecca Laird, Rachel Schellenberg

#### Food For Thought

**Division:** Life Sciences / None

**Category:** Intermediate

**Region:** Saskatchewan Chinook

**City:** Swift Current, SK

**School:** Swift Current Comprehensive High School

**Abstract:** We wanted to determine possible effects contributing to better cognitive function. We surveyed 350 students after exams and related the factors to their marks. Using those results we ran an experiment putting 24 people on different diets (mostly carbohydrates, mostly proteins, equal amounts, or nothing). Although results from the two experiments didn't match statistics showed consuming equal amounts of proteins and carbohydrates will increase cognitive function.

#### Biographies

Rebecca - My name is Rebecca Laird; I am a grade 10 FI student at the comprehensive high school in Swift Current (Sask). I am very active in the French Club at my school as well as the band program. Sports are a main part of my life; I have been boxing with the Swift Current friendship center boxing club for two years and just started to compete. I love a challenge and working on and improving my technique.

Rachel - I'm Rachel Schellenberg, I'm in the grade ten french immersion program at the Swift Current Comprehensive High School in Swift Current Saskatchewan. This is my second year in the Canada Wide Science Fair as I traveled to Saguenay, Quebec last year. In my free time I work at Smitty's Family Restaurant, I'm involved in french club, I play the clarinet in band, and I enjoy taking Belly Dancing lessons. I would like to attend university and become a psychologist after high school.