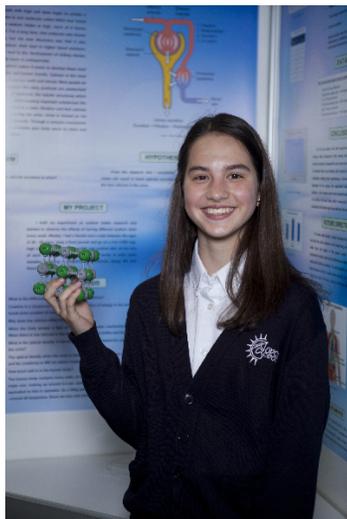


# CWSF 2013 - Lethbridge, Alberta



## Tamara Radovic

### Shaking Up the Salt Intake

**Challenge:** Health

**Category:** Intermediate

**Region:** Edmonton

**City:** Edmonton, AB

**School:** Aurora Charter School

**Abstract:** Having high calcium levels in urine can lead to developing kidney stones, while having low calcium levels in the body leads to osteoporosis. Also, high sodium diets lead to higher blood pressure. I built my experiment on this research and wanted to observe the effects of having different sodium diets every week on the male and female test subject.

#### Biography

My name is Tamara Radovic and I am presently in ninth grade, studying in Aurora Charter School. I was born and grew up in Edmonton, Alberta. Currently I am enrolled in grade 5 piano class of music school and I have been involved in dance for 12 years. Jazz, Ballet, Contemporary, Hip-hop, and Modern have built me as a person and my character. In my school life, I am a member of the Student Council Board and I work to provide the students with activities and events that help flourish their creativity, as a break from their studies. In my community, I am part of "Run for the Cure" event that happens annually. My project "Shaking Up the Salt Intake" is motivated by a new discovery I read in the news. Scientists have discovered that people with high salt diets begin to urinate a larger amount of calcium than usual. Taking a step into health was a new idea for me and I am certainly glad that I get to inform the society about our health habits. I really want my peers or anyone to take something away from this project. It's not just another science fair project; it is a wake-up call to our diets.

#### Awards

#### Value

Excellence Award - Intermediate - Bronze Medal Sponsor: Youth Science Canada	\$100
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 100