

## CWSF 2015 - Fredericton, New Brunswick



### Aidan Stoker

#### How Many Sugars are in Your Smoothie?

**Challenge:** Health

**Category:** Intermediate

**Region:** Yukon Stikine

**City:** Whitehorse, YT

**School:** Vanier Catholic Secondary

**Abstract:** Hypoglycemia and diabetes require you to control your blood sugar levels. In my project, I use digestive enzymes to convert sucrose and lactose into glucose, and then measure the sugar concentration in common smoothie ingredients. I want to find out what smoothie ingredients would be best for a quick glucose boost or for a longer lasting sugar release, to help control blood sugar levels.

#### Biography

My name is Aidan Stoker. I'm 14 years old and live in Whitehorse, Yukon. I attend Grade 9 at Vanier Secondary School and my future goal is to be an engineer. I am a car fanatic, so leaning towards automotive engineering. I love to build things, and have earned the top award in our Territorial Bridge Building contest two years in a row. I enjoy mountain biking on our amazing Yukon trails and playing volleyball with my friends. I got the inspiration for my science fair project from my experience being active and playing sports, and needing a quick energy boost to keep my blood sugar levels up. Smoothies are a good snack and I wanted to know what ingredients would be best to keep my hypoglycemia under control. I would like to continue this research by expanding the type of foods tested and by looking deeper into how sugar levels affect the body in hypoglycemia and diabetes.

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