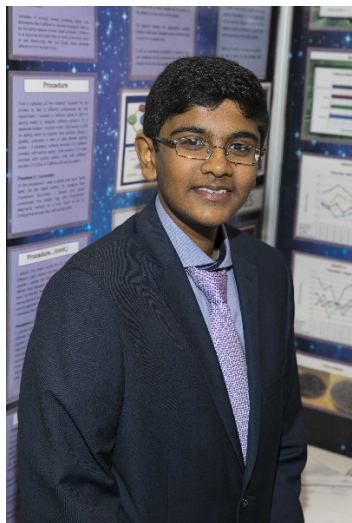


CWSF 2017 - Regina, Saskatchewan



Mihir Gothal

Bioavailability of Chia Seeds

Challenge: Resources

Category: Intermediate

Region: Edmonton

City: Edmonton, AB

School: Allendale School

Abstract: Chia seeds are getting popular as a super-food for its nutritional values. Can the benefits of chia seeds be measured against active stimulants like caffeine? Can we replace the substance like caffeine for chia seeds? Purpose of my experiment is to compare the effects of chia seeds against caffeine, by examining the pulse rate, kinetic energy and regeneration of *Lumbriculus variegatus* in a controlled environment.

Biography

My name is Mihir Gothal. I am 14 years old, grade 9 student from Allendale Junior High School in Edmonton, Alberta. I have been participating in science fairs from grade 4. I won a combination of gold and silver medals in Regional Science Fairs from Grade 4. I am a second-degree black belt in Taekwondo. I maintain an excellent grade in academics. I am a level 9 pianist maintaining "First Class Honors" at the Royal Conservatory of Music. I play hockey, baseball, soccer, skiing and swimming. In the future I want to be a scientist because I want to contribute to the community and mankind. There are so many things to explore in science, science fairs offers me an excellent opportunity to try new things. We can use scientific methods to resolve real world issues. My advise to other students is that you can try various scientific projects without access to fully equipped lab, try to think out of box solutions and come up with your own innovative ideas for the project. This is my second year participating in Canada Wide Science Fair.

Awards

Value

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