

Logbook
Samantha Wong - Grade 8
St. Vincent de Paul

Oct. 7

- Had science fair meeting today
- Thought of ideas for science fair topic (celiac disease, gluten-free diet)

Oct. 8

- Did some research on celiac disease and the gluten-free diet
- Read Britannica
<https://www.britannica.com/science/celiac-disease>
- Is autoimmune disorder where one cannot eat wheat (inherited/hereditary)
- Shown by flattening of villi in mucosal lining (thick-like fluid, barrier against unknown particles, captures particles, then clears them out)

Oct. 9

- Did some more research on celiac disease and the gluten-free diet
- Read Celiac Disease Foundation
<https://celiac.org/about-celiac-disease/what-is-celiac-disease/#:~:text=Celiac%20disease%20is%20a%20serious,about%2030%25%20are%20properly%20diagnosed.>
- Leads to damage in small intestine
- Can develop at any age
- Celiac disease is an attack on the villi (lining of the small intestine that helps absorb nutrients)
- Consuming bits of gluten can cause slight damage to small intestine

Oct 10

- Did more research today
- Read Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220>

- Cause immune system to respond to gluten protein... overtime, damages small intestine lining
- Prevents from absorbing nutrients (malabsorption)

Oct 15

- Did more research today
- Read Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220>

- Symptoms include diarrhea, tiredness, stomach pain, vomiting, weight loss, gas, bloating, and constipation

Oct 16

- Started research document

Oct 17

- Read GIKids

<https://gikids.org/celiac-disease/gluten-free-diet-guide/>

Oct 18

- Read Celiac Canada

<https://www.celiac.ca/wp-content/uploads/2022/07/Learn-to-Read-a-Label-for-Gluten-in-3-Easy-Steps.pdf>

- Gluten is protein found in B.R.O.W (Barley, Rye, Oats, Wheat)

Oct 21

- Read some Science Fair documents sent by science teacher

Oct 23

- Finished reading Science Fair documents sent by teacher

Oct 27

- Filled out Science Fair Initial Form

Oct 28

- Added information to research document
- Read Cleveland Clinic
<https://my.clevelandclinic.org/health/diseases/14240-celiac-disease>

Oct 29

- Worked on research document (added more information)
- Had science fair meeting after school
- Signed onto CYSF platform
- Thought of ideas for problem/testable question: What is the golden standard of diagnosis for celiac disease? OR How much is too much gluten for a celiac?

Oct 30

- Worked on research document

Nov 1

- Worked on research document

Nov 4

- Worked on research document

Nov 5

- Worked on research document

Nov 6

- Worked on research document

Nov 7

- Worked on research document

Nov 8

- Worked on research document

Nov 12

- Worked on research document

Nov 13

- Worked on research document

Nov 14

- Worked on research document

Nov 15

- Worked on research document

Nov 16

- Worked on research document

Nov 17

- Worked on research document

Nov 23

- Worked on research document

Nov 25

- Had science meeting during lunch
- Worked on research document

Nov 26

- Filled CYSF basic project info (except title as trying to come up with clever one)
- Worked on research document

Nov 30

- Thought of title ideas for project (Safe or Sorry: How much gluten can a celiac tolerate?/To Gluten, or Not To Gluten, That is the Celiac Question)

Dec 1st

- Worked on research document

Dec 2nd

- Worked on research document

Dec 3rd

- Worked on research document
- Had science fair meeting after school
- Filled out Basic Project Info and Ethics and Due Care 2A

Dec 6th

- Worked on research document

Dec 10

- Worked on research document

Dec 16

- Worked on testable question
- Filled in "Research" on CYSF platform

Dec 19

- Worked on research document

Jan 6

- Worked on testable question

Jan 14

- Worked on testable question
- Had science fair meeting during lunch
- Brought trifold home today

Jan 17

- Worked on testable question

Jan 20

- Worked on testable question

Jan 26

- Worked on testable question

Jan 31

- Worked on research question
- Thought/designed layout of trifold

Feb 1st

- Worked on research question

Feb 6th

- Thought of layout for trifold

Feb 13

- Designing layout of trifold on Google Slides

Feb 14

- Worked on research document and testable question

Feb 15

- Worked on research document and question

Feb 16

- Worked on research document

Feb 17

- Worked on research document

Feb 18

- Thought of layout for trifold

Feb 19

- Designed layout of trifold

Feb 20

- Designed layout of trifold

Feb 23

- Designed layout of trifold

Feb 28

- Designed layout of trifold

Mar 1

- Created trifold pages

Mar 2

- Created trifold pages

Mar 8

- Created trifold pages

Mar 9

- Created trifold pages

Mar 10

- Created trifold pages

Mar 11

- Created trifold pages

Mar 12

- Created trifold pages

Mar 13

- Decorated trifold

Mar 14

- Finished trifold

Mar 15

- Added header and project image onto CYSF platform

Mar 16

- Added participant image to CYSF platform
- Completed other parts on CYSF platform

Mar 17

- Began to practice presentation

Mar 18

- Began to practice presentation

Mar 19

- Began to practice presentation

Mar 20

- Began to practice presentation

Mar 21

- Practiced presentation
- Finished up parts on CYSF platform