

Science Fair LogBook 2025

Monday November 18, 2024

Today, my partner and I decided to work on the Healthy chocolate.

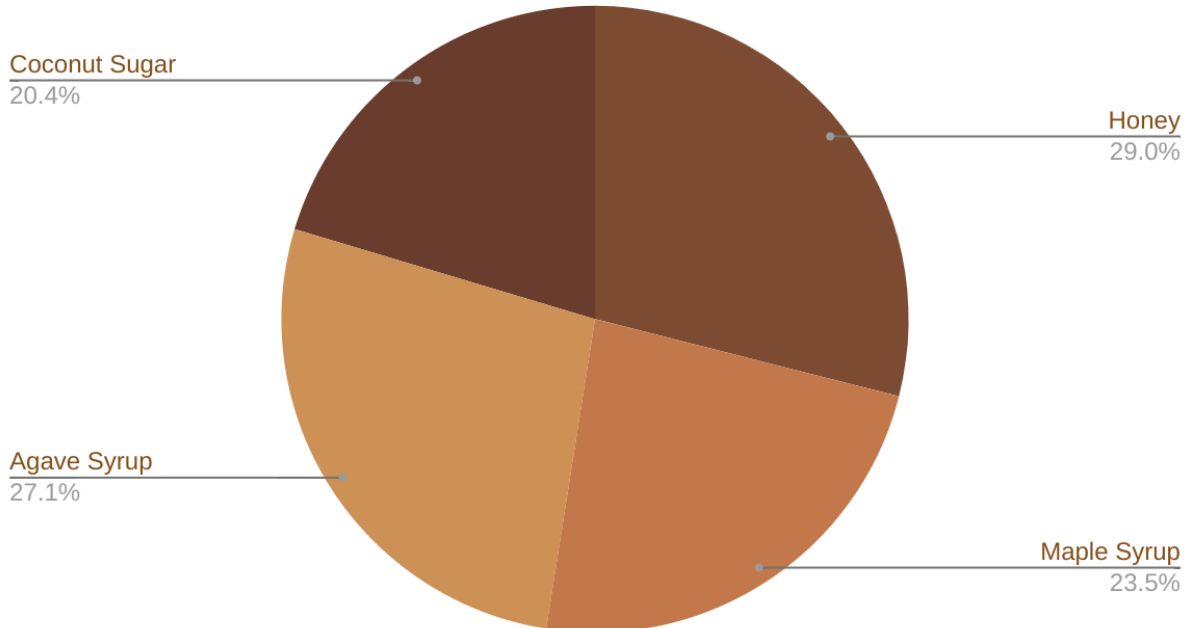
Tuesday November 19, 2024

Today , my partner and I decided to create a slide and logbook. We also read about the percentage of people that eat chocolate per year and decided to make that into a bar graph. We watched a video about how to make chocolate to help bring a better understanding to our project. We feel that the effectiveness of the chocolate is an important component of our project, as it can help people's health and physical body.

Thursday November 21, 2024

Today, my partner and I got our Ethics Due Care 2A and Basic Project Info approved by CYSF. We started working on our Research and hypothesis. We also began working on our slides and created a chart on Google Sheets This is how it turned out.

Calories (Per Tbsp)



Saturday November 23, 2024

Today, we completed most of the citations and the problem statement . We found the materials we needed online and decided when to order them.

Friday November 29, 2024

Today, my partner made a blueprint of what the chocolate will look like. Because we might end up not doing the dubai chocolate.

Monday November 31, 2024

Today, my teacher helped my partner and me with the variables , and this is what we developed:

Controlled

- Different type of sugar substitute (Healthier Version)

Dependant

- Taste accuracy and physical shape exams.

Independant

- Type of chocolate created (e.g., Ruby, Dubai, Dark, milk, etc.)

My teacher also assisted me with the procedure, and this is how far we got:

Procedures:

Dark chocolate:

¼ Cup butter
 3 Tbsp cocoa Powder
 3 Tbsp Stevia
 Sieve
 Mix
 Pour into Mould

White chocolate:

¼ Cup butter
 2 Tbsp Stevia
 Mix
 2 Tbsp Milk Powder
 Mix
 Pour into Mould

Milk chocolate:

¼ Cup butter
 2 Tbsp Stevia
 1.5 Tbsp Cocoa Powder
 ½ Tbsp Milk Powder
 Mix
 Pour into Mould

Dubai chocolate:

Put white chocolate to give color
 Add a thin layer of chocolate

Add butter to the kunafi and cook it
Add the pistachio cream to the kunafa
Put another layer of chocolate
Freeze for 1 - 2 hours

Wednesday December 3, 2024

Today, my partner and I worked on the problem/objective.

Tuesday December 10, 2024

Today, we did some work on the citations . My partner, Asmaa Elsharkawy , found a good website for the citations. She showed it to me at school today. This is the one: EasyBib®: Free Bibliography Generator .

Saturday December 14 , 2024

Today, my partner and I did the research and I did the introduction. We added more pictures and graphs explaining that more people buy and eat more chocolate than in the past few years.

Tuesday December 17, 2024

Today, we wrote the Research and added them to the slides. This is what we have observed so far:

Origin: The chocolate comes from the cacao beans which grow on cacao trees. They usually grow in the rainforests of Central and South America.

- **Advantages:** Chocolate is good for your heart and blood flow. It also protects you from UV and keeps the skin glowing.
- **Disadvantages:** Especially milk and white chocolate include high sugar content and overeating these specific kinds of chocolate can contribute to tooth decay, obesity and in severe cases diabetes.
- **Types Of Chocolates:**
 - ❑ **Dark Chocolate;** Rich Intense flavour but also very bitter sometimes
 - ❑ **Milk Chocolate;** Contains milk powder and condensed milk making it richer and sweeter than dark chocolate

- ❑ **White Chocolate;** Made mostly with cacao and sugar making it mostly the unhealthiest option
- ❑ **Ruby Chocolate;** A newer type of chocolate with a reddish-pink color with a berry-like flavour
- ❑ The global chocolate market is growing at a robust growth rate of around 8.2%, as per the research done by RationalStat. Further, the global consumption of chocolate was 8.13 million tons in 2022, and per capita, chocolate consumption is estimated at 1 kg per year
- ❑ **1950's 5 to 6 pounds (2.3 to 2.7 kilograms)**

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Monday December 23, 2024

Today, my partner and I worked on the slides for the project and created new slides for the pictures.

Thursday December 26, 2024

Today, my partner and I addressed the CYSF project hypothesis and here is how it turned out:

Hypothesis: If we create a healthier type of chocolate and taste test it with a normal chocolate bar and replace sugar with natural sweetness to make a new chocolate bar which is both healthier and more enjoyable.

Sunday December 29, 2024

Today, my partner and I checked different places to buy the chocolate silicone mould.

Wednesday January 1, 2025

Today, my partner and I realized that there was another problem in our project, which is if we want to make the dubai chocolate then the chocolate isn't the only problem also the kunafa is a problem so we decided that we could add healthy biscuit instead of the kunafa to make it healthy.

Saturday January 4, 2025

Today, me and my partner .

Thursday January 9, 2025

Today, my partner and I worked and added the ingredients and recipes for each chocolate we're gonna make slides and added more information.

Monday January 13, 2025

Today, I added the benefits of our project and put two bullet points:

1. Healthier Eating Option:

By removing added sugars and unhealthy fats in chocolate with natural ingredients, We help reduce the risk of health problems like obesity, diabetes, acne, and heart disease.

2. Reduced Sugar:

This project can show us how reducing sugar and using natural sweeteners like stevia, or honey can still result in a tasty chocolate. This could encourage people to choose chocolate that has healthy sugar that comes from plants, which has significant benefits for long-term health.

Thursday January 16, 2025

Today, Asma Ahmed added fun facts to the slides and edited the slides a bit more.

Monday January 20, 2025

Today, My partner ordered chocolate silicone moulds from amazon and the delivery was to arrive on wednesday. And the Pistachio cream she said turned

out to be perfect and creamy. She said it was amazing.

Wednesday January 22, 2025

Today, the package was supposed to arrive but it didn't.

Friday January 24, 2025

Today, my partner and I added what makes our chocolate unique from other brands and what is similar between our chocolate and famous brands.

Sunday January 26, 2025

Today my partner and I worked on the conclusion of our science fair project and here is how it turned out: In conclusion, the development of healthy chocolate like this would be great for health. therefore It will be a boost to chocolate health. We would like to conclude that this chocolate will be very useful in the future generations, it will help our earth be healthier because it is also an eco - friendly and safer environment. This chocolate should be cheap and should be eaten in every house.

Tuesday January 28, 2025

Today, I went to Costco to see if I can find milk powder and stevia but when I went there I found milk powder but it was a big bucket and it wa expensive and I couldn't find stevia at all so I decided to go to Superstore to buy the ingredients from there.

Thursday January 30, 2025

Today my partner and I finished the analysis.