

Science fair log book

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November 30, 2024

We started looking for science fair topics.

- How does sleep affect your body?
- Is fast food nutritious?
- Why is the sky blue?
- Testing water resistant fabrics
- Extracting DNA from onions

December 10, 2024

We decided what science fair topic to choose. We chose fast food because we want to see the effect of fast food on our bodies. We also wanted to see how fast food is bad for our body and not good.

December 18, 2024

Today we decided to start the project. We found a nice presentation to get started on. We started planning which slides we needed in our presentation and started adding them.

December 26, 2024

We finished the table of contents, we put in what slides we needed and how many slides we had. We also finished the question slide. Our question was "Is fast food nutritious?"

December 28, 2024

Today we finish our introduction. In our introduction we added what we are going to cover in the presentation, what slides we will have and what we will discuss.

January 2, 2025

We finished why we chose this topic in which we wrote about seeing the effects of fast food on our bodies. We also finished our hypothesis slide in which we wrote we think fast food is not nutritious.

January 4, 2025

Today we finished the long term health risk slide in which we wrote about obesity, diabetes and heart diseases. Then we also finished the short term health risks.

January 7, 2025

Today we look through all the slides we have done so far to see what mistakes we have made and change them. We edited all the slides and added pictures to each of them.

January 11, 2025

Today we finish our log book slide that we added to our presentation. We added our first day November 30, 2024 where we were looking for science fair topics and we were brainstorming.

January 14, 2025

Today we started researching Canada's food guide to see what Canada recommends for Canadians to eat on a daily basis. We talked about what was recommended and how much of each item.

January 16, 2025

Today we finished the survey slides in which we talked about the responses we got for the survey we conducted. We talked about how people preferred to eat at home more than eat out (fast food).

January 18, 2025

Today we completed the fast food menus slide that was about the mcdonald's menu. We talked about 3 different items, 1 burger, 1 drink, and 1 type of fries. We talked about the calories and the size.

January 19, 2025

Today we completed the daily food slide in which we talked about how many calories an adult human consumes 2,000 to 2,500. We finished and edited the daily food slide to make sure it is good.

January 19, 2025

For the past few days including today we have made sure we have everything in our presentation. We have made sure we have the needed slides, made sure our grammar and spelling was correct and we practiced our slides. Now we are going to submit our presentation.