Abstract

Project Title: Mooove Over Dairy...What's In Your Milk?
Project ID: 174

Abstract

A brief explanation of your project. Enables judges to receive a base understanding of your project and work.

Milk is good for your body and I drink it everyday. Milk has protein, calcium and other vitamins which are good for bones. I grew up knowing that my oldest brother had an allergy to dairy milk. We always had soy and almond milk at home for him. It got me thinking of what types of milk (dairy for me) and non-dairy for my brother had the least amount of glucose or sugar in it so it would be healthiest for us. Foods and drinks high in sugar are linked to weight gain, diabetes and even heart problems. These are conditions that are strong in my family and in the general public. I wanted to test all the different types of milk on the market to find out which unsweetened versions had the least amount of glucose.

My hypothesis is that if non-dairy milk is selected, then the glucose level should be lower because there is less glucose in it. I used glucose test strips to see how much glucose is in every type of milk. The results of my experiment showed that non-dairy milk really does have lower levels of glucose; but not all. The three that showed positive results for glucose were Hemp Milk, Rice Milk and Oat Milk. I think it's important for people to be aware of what's inside the milk they drink, and know how sweet it truly is. For people watching their health, my research is also important to know for medical reasons, such as allergies or disease.

Items to Include:

Introduction: Why did you do this project and why is it important? How will this effect people and why is it needed. Inspire the reader to continue learning more about your research and read your report.

Problem Statement and Engineering Goal / Hypothesis: What is the problem you were solving and what was your engineering goal or hypothesis.

Procedures: How did you solve the problem and or test your hypothesis. Don't go into details, provide a broad, conceptual view of what you did. For engineering, what was your design criteria.

Results: What was the outcome? Use your data and numbers to describe your result.

Conclusion: Was your hypothesis supported or the engineering goal met?