



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Katie A. Lewis	Project Number S1009
Project Title Eating Right Makes a Difference	
Abstract Objectives/Goals The objective of my project is to see how much weight I can lose in one week by altering my eating habits to healthier ones. My goal is to lose up to, but no more than, five pounds by following this procedure. I think this project will benefit me by helping me to find more alternatives to junk food. Methods/Materials During week one, I kept a food diary to find out my regular habits in eating and exercise. Every night during week one and two, I went online to a food pyramid website, entered my foods, and kept a record of the analyzed nutrients. During week two, I tried to eat healthier, according to what nutrients I needed to receive more or less of. I also tried to exercise more. Results I lost five pounds in week two by following my procedure. I learned what I am not eating enough of and what I am eating too much of. I also learned more about the nutrition facts panel on food labels. I think the biggest challenge in this project was trying to find healthy foods for me to eat because there are not many healthy foods that I enjoy eating. Conclusions/Discussion This project did in fact help me to find more alternatives to junk food. This purpose can also benefit other kids around the state or country. The school systems are taking out snack vending machines and soda machines more and more. This can help kids realize that there are more options out there. Lastly, this project can help with obesity around the nation. This project was very helpful.	
Summary Statement My project is about finding out more about safe weight loss and healthy foods.	
Help Received My neighbors, Tim and Tammy Babcock, let me borrow their computer to print out my supplies.	