



## Colorado Science and Engineering Fair

## 2025 Individual Project Abstract Form

**Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.**

Title of Project: You Are What You Eat

Finalist's Name: Trynity Typhair

School and City: West Grand Elementary and Middle School, Kremmling

Sponsor's Name: Katie DeBell

Category: Biomedical & Health Sciences

Division: Junior (grades 6 - 8)

Abstract (250 words or less):

The purpose of this project was to determine if changing the amount of protein in your diet affects your cognitive performance.

I hypothesized that a vegetarian diet would perform the best and a vegan diet would perform the worst. This experiment involved me changing my diet every two weeks, then during these two weeks, testing once a week. To test my cognitive ability I used Wordle, a sudoku puzzle, and the Xpresso, by MOCA Cognitive Ability Test. I would mark down times and scores for all my testing methods on paper for data collection. The data collected partially supported my hypothesis. A vegetarian diet performed better than healthy and vegan in 2 out of 3 trials. A vegetarian diet enhanced my performance in the cognitive test by .5% and lowered my Wordle time by 67.5%.

These findings lead me to believe that a vegetarian diet is the best for your cognitive ability.

*I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.*

Finalist's Signature:

Date:

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. **A signed copy of this form must be included in your notebook.**