

Baylab science competition

Challenge 1-New Olympic Sport

My sport is called Unicycle Sprint. The layout is similar to that of a normal sprint but instead of running, the athletes use unicycles which still increase heart rate. It would be a race of who could complete the distance the fastest while staying balanced. The sprints have different lengths of 100 metres, 200 metres and 400 metres. Constant peddling means that the sport will increase the athletes' heart rate which can help keep the heart healthy and strong.

Below is a rough example of the sport on a sprint track.



Challenge 2 - A three course meal fit for an Olympic champion

Starter: fennel and orange salad

Ingredients:

- 2 medium fennel bulbs
- 1 ½ oranges
- The juice of half a lemon
- Olive oil
- Salt and black pepper

Recipe:

1. Cut the fennel bulbs into thin rings and place in a bowl
2. Peel the orange and cut into thin rings, make sure to collect the excess orange juice. Add to the fennel
3. Mix the orange juice with the juice of half a lemon, an equal amount of olive oil, salt and some ground black pepper
4. Drizzle over the orange slices and fennel slices, and serve.

I chose this recipe because it is healthy and provides vitamins. For example, oranges contain lots of Vitamin C which is good for athletes because lots of them can suffer from iron deficiency. Also, fennel can enhance people's stamina and contains lots of other nutrients and vitamins.

Main course: Penne pasta with beef bolognese

Ingredients:

- 10 oz/283 grams of ground beef
- 14 ounce can of peeled tomatoes
- 2 cloves garlic
- 1 carrot
- 1 celery stalk
- 2 tbsps tomato paste
- 6 oz whole wheat penne pasta
- Grated cheese

Recipe:

1. Prepare your different vegetables by slicing and peeling them. Unlike the others tomatoes need to be broken apart gently in a bowl
2. In a large pan, drizzle olive oil, add the ground beef and onion, and cook for two minutes. Then add the celery, carrots and garlic, season with salt and pepper and cook for four to five minutes.
3. Wash the pasta, then cook it in a pot of boiling water for eight to ten minutes.
4. In the pan, add the tomato sauce, tomatoes and 60 ml of water and cook until the sauce has thickened.
5. Add the cooked pasta, half of the water it cooked in and stir for 2 minutes, then serve and add grated cheese.

I chose this recipe with these ingredients because it is low in fat but high in carbohydrates and protein which is good for athletes because of how many calories they burn. Also, there are plenty of vegetables which keep you healthy. Especially tomatoes, carrots and garlic which are rich in things like carotenoids which have been proven effective against heart disease.

Dessert: greek yogurt with strawberries

Ingredients:

- Greek yogurt
- Natural honey(no added sugar)
- Strawberries
- Roasted nuts

Recipe:

All you need for this dessert is to put some yogurt in a small glass, drizzle in the honey and add the strawberries and roasted nuts.

I chose this recipe because it is a healthy but nice dessert. Greek yogurt can improve the body's athletic performance and immune system. Also, strawberries contain antioxidants that can help maintain healthy blood vessels and prevent cardiovascular diseases.

Heart model

Below is a labeled drawing of the heart and the model of it that I created.

