Reflection

The obesity project was a great experience to know more about this topic. In this project, I learned that one of the many causes of obesity is genetics, but a healthy lifestyle can control it! Also, obesity can cause diabetes and depression. This showed me the seriousness of the illness. We found out some treatments for obesity, for example finding a dietitian that gives one a daily meal plan with a specific calorie intake. I learned many new things in the science project that included Math and Computer like how to organize the calculation in Excel software and understand them. At the start of the project, I wasn’t sure how to do the circuit diagrams. The team realised my mistakes and I corrected them. It was a fabulous experience with my group, contributing and expressing our ideas, and combining good ones. Our group was a powerful and creative one. The group consisted of Tia, Eliana, Noor and I, each worked excellently. Tia was the leader of this project, she scheduled the meetings, prepared part of the presentation, performed part of the calculations in Excel and wrote part of the brochure. Eliana did the Roblox simulation, prepared part of the presentation, made part of the calculations in Excel and brought the laptop to school. Noor, drew images on the brochure using her creativity, prepared part of the presentation and made part of the calculations in Excel. I did the circuit diagrams, wrote the information on the brochure, prepared part of the presentation, and made part of the calculations in Excel. My strengths were being determined to complete this project successfully and having the mindset to put efforts to achieve the best outcomes. On the other side, my weakness was being impatient and wanting to finish the project as soon as possible leading to feeling stressed out. Overall, this project was a creative way to learn about obesity. I love sharing knowledge and learning from the team members.