

## CALIFORNIA STATE SCIENCE FAIR 2016 PROJECT SUMMARY

	In
Name(s)	Project Number
Elise M. Ochs	12046
	J2016
Project Title	
Investigating Various New and Used Cooking Oils for Saturated Fat	
Level	
Level	
Abstract	
Objectives/Goals	16.0
How does deep frying chicken in different cooking oils affect their levels of saturated fat?  Methods/Materials	
I was using an iodine density test to find and compare how saturated fat levels change in cooking oils	
before and after deep frying a chicken in them. I used canola, olive, peanut, and sunflower oils.	
Results  After my investigation. I found that after deep frying chicken in these oils, canala oil has the least amount	
After my investigation, I found that after deep frying chicken in these oils, canola oil has the least amount of saturated fat, and sunflower had the highest amount of saturated fat. I also found that sunflower oil had	
the biggest change in saturated fat before and after deep frying chicken in it.	
Conclusions/Discussion  Lean all dead that conclude all is the health is the academy ail to each with head an estimated for level, and	
I concluded that canola oil is the healthiest cooking oil to cook with based on saturated fat level, and sunflower oil contains the most saturated fat after deep frying chickening it.	
sumfower on contains the most saturated fat after deep frying emekening it.	
Summary Statement	
Summary Statement  Comparing the levels of saturated fats in certain cooking oils before and after deep frying chicken in them.	
Comparing the levels of saturated rats in certain cooking ons before and after deep frying chicken in them.	
Help Received	
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