



**CALIFORNIA STATE SCIENCE FAIR  
2016 PROJECT SUMMARY**

<b>Name(s)</b> Elise M. Ochs	<b>Project Number</b> <b>J2016</b>
<b>Project Title</b> <b>Investigating Various New and Used Cooking Oils for Saturated Fat Level</b>	
<b>Abstract</b> <b>Objectives/Goals</b> How does deep frying chicken in different cooking oils affect their levels of saturated fat? <b>Methods/Materials</b> 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. <b>Results</b> 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. <b>Conclusions/Discussion</b> 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.	
<b>Summary Statement</b> Comparing the levels of saturated fats in certain cooking oils before and after deep frying chicken in them.	
<b>Help Received</b>	