



**CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY**

Name(s) Rebecca J. Mace	Project Number J1519
Project Title Fat Fury	
Abstract Objectives/Goals The objective of my project is to find out which type of fat is the unhealthiest for your body at 98.6°F. Methods/Materials The fats I used were lard, bacon fat, olive oil and butter. I heated-up each of the fats to 98.6 degrees and then I visually observed and measured which fat left the most residue on the plastic wall of the tube. In addition, I used 4 flexible PVC tubes, a thermometer, a measuring cup, measuring spoons and a funnel. Results The results showed that the lard left the most residue on the wall of the plastic tube. Olive oil left the least residue in the plastic tube. This was very obvious when visually inspecting the plastic tubes after the experiment was completed. Conclusions/Discussion The lard had the most residue left inside the tube therefore it was the most unhealthy for your body. Butter was the second most unhealthy for your body. This surprised me because I thought bacon fat would be the second most unhealthy fat. Olive oil was clearly the healthiest fat in my project.	
Summary Statement I tried to figure out which of the most commonly used fats in our diet are the most unhealthy for the body.	
Help Received Dad helped create the bar graph in the Excel program and type the bibliography.	