



**CALIFORNIA STATE SCIENCE FAIR
2016 PROJECT SUMMARY**

Name(s) Elise M. Ochs	Project Number 36385
Project Title Investigating Various New and Used Cooking Oils for Saturated Fat Level	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals How does deep frying chicken in different cooking oils affect their levels of saturated fat?</p> <p>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.</p> <p>Results 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.</p> <p>Conclusions/Discussion 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 chicken in it.</p>	
Summary Statement Comparing the levels of saturated fats in certain cooking oils before and after deep frying chicken in them.	
Help Received	