



**CALIFORNIA STATE SCIENCE FAIR  
2011 PROJECT SUMMARY**

<b>Name(s)</b> <b>Shikha Srinivas</b>	<b>Project Number</b> <b>J2015</b>
<b>Project Title</b> <b>The Good, the Bad, and the Saturated Fat</b>	
<b>Abstract</b> <b>Objectives/Goals</b> To determine saturated fat content in different cooking oils. <b>Methods/Materials</b> Materials- Cooking oils ,stove , iodine,test tubes,water, measuring sponns,thermometer,a big pot, test tube stand, prongs  Method- pour measured amount of oil in test tubes, heat water in a pot to 75 degee C,put 3 drops of iodine in a test tube and stir in,immerse it in water, record the time it takes to change color. repeat with other oils, do the test 3 times with each oil. <b>Results</b> Coconut oil and Peanut oil were the highest in Saturated fat. closely follwed by sesame oil. these are worst for health. Almond oil mustard oil vegetable oil,and extra virgin olive oil were much lower than coconut oil and are okay to eat, Canola oil safflower oil and corn oil showed the least saturated fat out of all the oils. <b>Conclusions/Discussion</b> Cocunut oil has the most saturated fat and is bad for Cooking, Canola oil is the oil with least saturated fat and is the best one for cooking according to my experiment.	
<b>Summary Statement</b> To check which edible oil has the most saturated fat	
<b>Help Received</b> Mother helped doing the experiment	