Fats: How Much Fats Are in Your Food?

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The experiment I conducted is about the fat content of various snack foods. The purpose of my experiment was to gain knowledge about the types of fats that snacks contain and to help educate others about some of the harmful effects snack foods can have on your health, as well as health benefits. For my experiment, I crushed up chocolate chips, almonds, regular potato chips, and reduced fat potato chips. I put each of the types of foods in different jars. I added acetone to each of the jars to extract the fat from the food and let the jars sit overnight until the acetone evaporated. I conducted this experiment in a well-vented area, with all windows open and exhaust fans turned on, and wore safety goggles and gloves while handling the acetone. After the overnight period, the remaining contents in the jar is the fat from each snack. After conducting my experiment, I have concluded that the chocolate chips contained the most saturated fat, which is harmful to your health.

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