

CWSF 2018 - Ottawa, Ontario



Jordan Takkiruaq

The Turm?oil' of Fat

Challenge: Health

Category: Senior

Region: Kitikmeot

City: Gjoa Haven, NU

School: Qiqirtaq Ilihakvik

Abstract: This project compares the amount of saturated and unsaturated fats in traditional oils, fish and seal, versus store bought oils, canola, olive, shortening, and lard. This is interesting because obesity is a problem in Nunavut, but it never used to be when people lived off the land. Obesity in Inuit communities may be linked to people's changing diet.

Biography

My name is Jordan Takkiruaq. I am from Gjoa Haven, Nunavut. Gjoa Haven's winter can last as long as 9 to 10 months, while summer only lasts about 2 to 3 months. I go to Qiqirtaq Ilihakvik High School, the only high school in my town. I love to go hunting, fishing, and camping out on the tundra with my father. I love playing hockey and volleyball, too. My father is Inuit and my mother is from Nova Scotia. Every summer my family and I go to my mother's home town to visit my grandparents. I only see them for 2 months of the year so I try to be with them as much as I possibly can. This has been my fifth Canada-Wide Science Fair in a row. This year my project is a comparison of traditional Inuit oils (fish and seal) and modern oils used in cooking (olive, canola, lard, shortening). I compared the saturated and unsaturated level of each oil, to determine how healthy they may be. I also compared the rate of how quickly the temperature of the oils rise.

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