

FATS AND OILS

10.1. Vocabulary

Ex. 1. Match the words with their definitions.

1. recover	a. the part of a corn kernel that can grow into a new plant.
2. vegetable oil	b. a tall plant with large yellow flowers that produces seeds used for oil.
3. sunflower	c. oil made from plants, used for frying and salad dressings.
4. rendering	d. the process of melting down animal fat to make it into a liquid form.
5. corn germ	e. oil that is safe to eat, often used in cooking and food preparation.
6. animal fat	f. a soft white material made from the fibers of a plant, used for making clothes and other products.
7. cotton	g. fat that comes from animals, used in cooking and baking.
8. tissue	h. a group of cells that work together to perform a specific function in the body.
9. edible oil	i. to get back something that was lost or taken away.

Ex. 2. Complete the sentences with the given words.

animal, edible, vegetable oil, tissues, recover, rendering, oil, cotton, corn germ

I prefer using _____ (1) fat in my cooking for added flavor.

_____ (2) is a healthier option for frying compared to animal fat.

_____ (3) oils are essential in creating a balanced diet for good health.

Sunflower _____ (4) is commonly used in salad dressings for its light taste.

_____ (5) oil is extracted from the germ of the corn kernel for cooking.

_____ (6) soaked in oil can be used to start a fire when camping.

After the _____ (7) process, you can _____ (8) clean oil for reuse.

_____ (9) seed oil is often found in processed foods as a cooking ingredient.

10.2. Reading

Ex. 1. Read the text.

The significance of animal fat and vegetable oil in human diets cannot be overstated. Both sources provide essential nutrients, although they differ in origin and nutritional content. While animal fat is typically recovered from meat during processing, vegetable oil is extracted from a variety of seeds and plants. Sunflower and cotton seeds, as well as corn germ, are some of the primary sources of these oils.

Before making it to our tables, edible oil often undergoes a refinement process known as rendering, which is crucial for ensuring its safety and quality. During this process, various contaminants are removed, which enhances the oil's usability in cooking and food preparation.

Nutritionally, animal fat is known for its richness in saturated fats, which are essential for certain bodily functions such as the maintenance of cell tissue health. However, excessive consumption can lead to health issues. On the other hand, vegetable oil tends to be richer in unsaturated fats, which are beneficial for cardiovascular health.

In essence, a balanced diet can and should include moderate amounts of both animal fat and vegetable oil. Understanding the origin and processing methods of these fats and oils can aid in making informed dietary choices and recovering the benefits they offer without compromising health.

Ex. 2. Answer the questions.

1. What are the primary sources of vegetable oil mentioned in the text?
2. How is edible oil refined before reaching our tables?

3. What are some benefits of animal fat in human diets according to the text?
4. Why is excessive consumption of animal fat cautioned against?
5. What type of fats are typically found in vegetable oil and why are they beneficial for cardiovascular health?
6. Why is it important to have a balanced diet that includes both animal fat and vegetable oil?
7. How can understanding the origin and processing methods of fats and oils help in making informed dietary choices?

10.3. Communication

Ex. 1. Make sentences using the following words.

1. Olive/oil/healthy
2. Butter/flavor/baked
3. Canola/oil/recipes
4. Coconut/oil/frying
5. Avocado/oil/salads
6. Vegetable/oil/commonly
7. Peanut/oil/stir-frying
8. Sunflower/oil/vitamin
9. Sesame/oil/nutty
10. Corn/oil/baking