

Review C1.6 Plant oils and their uses

<i>Can you...?</i>	😊	😐	😞
C1.6.1 Vegetable oils			
Describe how oils can be extracted from some fruits, seeds and nuts by pressing, distillation and removal of water and impurities			
Give examples of at least three oils extracted from plant material			
Explain why vegetable oils are important foods and fuels			
Explain why vegetable oils can be useful when cooking food and describe the effects on the food of being cooked with oil			
Evaluate the effects of using vegetable oils in foods and the impacts on diet and health			
C1.6.2 Emulsions			
Define the term 'emulsion'			
Describe the differences between emulsions and oil or water			
Explain some uses of emulsions, in terms of their properties			
(HT) Describe the hydrophobic and hydrophilic properties of emulsions			
C1.6.3 Saturated and unsaturated oils			
Define 'unsaturated' in terms of carbon-carbon double bonds			
Describe how bromine water can be used to detect these double bonds			
(HT) Describe how vegetable oils can be hardened to make spreads such as margarine, including details of the catalyst, temperature, and what happens to the carbon-carbon double bonds			