## Review C1.6 Plant oils and their uses

### Can you...?

<table>
<thead>
<tr>
<th>C1.6.1 Vegetable oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Describe how oils can be extracted from some fruits, seeds and nuts by pressing, distillation and removal of water and impurities</td>
</tr>
<tr>
<td>Give examples of at least three oils extracted from plant material</td>
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<tr>
<td>Explain why vegetable oils are important foods and fuels</td>
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<tr>
<td>Explain why vegetable oils can be useful when cooking food and describe the effects on the food of being cooked with oil</td>
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<tr>
<td>Evaluate the effects of using vegetable oils in foods and the impacts on diet and health</td>
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<tr>
<th>C1.6.2 Emulsions</th>
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<tbody>
<tr>
<td>Define the term ‘emulsion’</td>
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<tr>
<td>Describe the differences between emulsions and oil or water</td>
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<tr>
<td>Explain some uses of emulsions, in terms of their properties</td>
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<tr>
<td>(HT) Describe the hydrophobic and hydrophilic properties of emulsions</td>
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<tr>
<th>C1.6.3 Saturated and unsaturated oils</th>
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<tr>
<td>Define ‘unsaturated’ in terms of carbon-carbon double bonds</td>
</tr>
<tr>
<td>Describe how bromine water can be used to detect these double bonds</td>
</tr>
<tr>
<td>(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</td>
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</tbody>
</table>