

### C1 Topic 6 plant oils revision

<b>Vegetable oils, steam, distillation and pressing</b>	
1. State 2 uses of vegetable oils	Fuel, cooking, food
2. State 2 ways in which food cooked in oil is different to food cooked in water	Texture, taste, energy content, colour
3. What is the first step when removing oil from plants?	Crushing
4. What two methods can we use to extract plants oils?	Pressing or distillation
5. Why are vegetable oils important foods?	They provide a lot of energy and nutrients
<b>Emulsions</b>	
6. Why do oil and water separate?	Oil does not dissolve in water
7. What do we call the molecule which holds oil and water together	Emulsifier
8. Oil, water and an emulsifier make an....	Emulsion
9. 2 uses of emulsifiers are....	Make up, ice cream, paint, salad dressings
<b>Higher only</b>	
10. Emulsifiers have both ..... and ..... properties	Hydrophobic and hydrophilic
11. What three things do we need to harden unsaturated vegetable oils?	Hydrogen, a nickel catalyst and a temperature of about 60°C
12. The hydrogenated oils have ..... melting points	Higher
13. Hydrogenated oils are ..... at room temperature	Solids