



Name _____ Class _____ Date _____

What are oils?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients. Some commonly eaten oils include: canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, and avocados.



How much is my allowance for oils?

A person's allowance for oils depends on age, sex, and level of physical activity. Daily allowances for oils are shown in the table below.

Daily Oils Recommendation		
	AGE	AMOUNT
CHILDREN	2-3 years old	3 teaspoons
	4-8 years old	4 teaspoons
GIRLS	9-13 years old	5 teaspoons
	14-18 years old	5 teaspoons

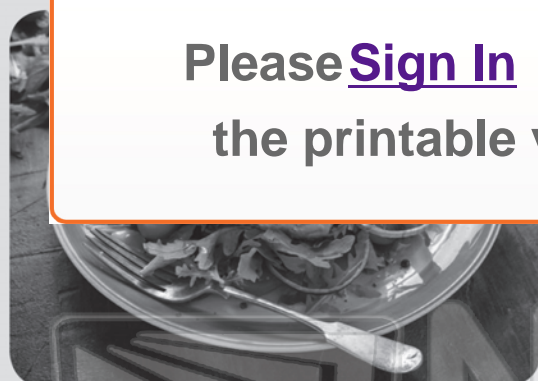


Most oils come from plants, like olives and sunflower seeds.



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Stick to healthy fats like those found in fish and olive oil.

major source of **vitamin E** in typical American diets.

- While consuming some oil is needed for health, oils contain about 120 calories per tablespoon. The amount of oil consumed needs to be limited to balance total calorie intake.

How are oils different from solid fats?

Solid fats are solid at room temperature, like beef fat, butter, and shortening. Solid fats mainly come from animal foods. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats and trans fats tend to raise "bad" (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats and trans fats.





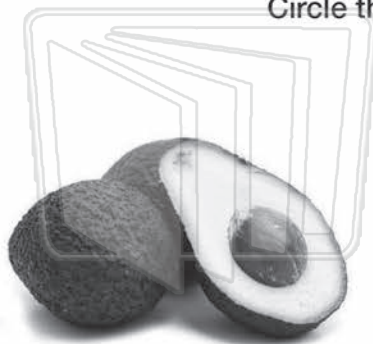
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Oils are part of a healthy diet

Oils are NOT a food group, but they provide essential nutrients. Some commonly eaten oils include: canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, and avocados.

Where's the Oil?

Circle the foods that contain oil, or are used to make oil.



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Oils come from plants and some fish. Solid fats come from animal products and have more saturated and trans fats that can raise cholesterol levels in the blood and increase the risk of heart disease.

Draw a line to **sort** the **healthy oils** from the **solid fats**.



butter



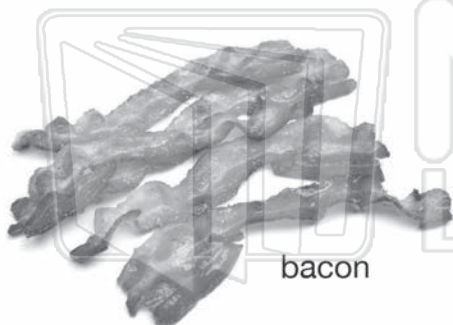
shortening



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sunflower seed oil



bacon



sesame seed oil



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1 This food is **high in oil**. It is part of the **Vegetables Food Group**.

- A beef
- B avocados
- C walnuts
- D tofu



5 _____ fats are usually **solid** at room temperature, while _____ fats are usually **liquid** at room temperature.

- A Saturated; unsaturated
- B Unsaturated; saturated
- C Fat-soluble; water-soluble
- D Water-soluble; fat-soluble



2 **Oils** are **not** a food group, but they provide **essential nutrients**.

True or false?

- A
- B

6 To lower the risk of _____, cut back on foods containing **saturated fats** and **trans fats**.

3 In the of



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4 _____ are **fats** that are **liquid** at **room temperature**. They come from plants and fish.

- A Carbohydrates
- B Oils
- C Saturated fats
- D Butters



8 Margarine, mayonnaise and _____ are **not** considered to be part of any **food group**.

- A avocados
- B walnuts
- C salad dressings
- D grapes





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Answer Sheet

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