

Name _____

Choosing the Right Cooking Oil: A Flavorful Journey

Short Answer

1. Explain why it's crucial to consider the smoke point when choosing cooking oil for different dishes.
2. Name one high smoke point oil and describe a cooking method in which it is commonly used.
3. Provide an example of a bold flavor oil and suggest a type of dish where its flavor can enhance the overall taste.
4. What health aspect should be considered when choosing cooking oil, and why is it important?
5. Mention one specialty oil and explain why it is unique in terms of health benefits.

