Name _____

Choosing the Right Cooking Oil: A Flavorful Journey

Open-Ended Response Questions

1. Share a personal experience of choosing the wrong cooking oil for a dish and the impact it had on the final result. What did you learn from that experience?

2. Imagine you are making a stir-fry with tofu and vegetables. Explain your thought process in selecting the most appropriate cooking oil, considering both smoke point and flavor.

3. Discuss the importance of reading labels and understanding the source of cooking oils when making informed choices for your health and cooking needs.

4. Create a simple recipe that highlights the use of a specific cooking oil and explain why you chose that oil for the dish.

© ReadingDuck.com