

Name \_\_\_\_\_

## Choosing the Right Cooking Oil: A Flavorful Journey

### Short Answer Key

1. The smoke point is crucial because exceeding it can lead to burnt or bitter-tasting dishes.
2. Peanut oil has a high smoke point and is commonly used for deep-frying.
3. Sesame oil has a bold flavor that can enhance Asian stir-fry dishes.
4. The saturated and unsaturated fat content should be considered for health reasons, as saturated fats may contribute to heart-related issues if consumed excessively.
5. Flaxseed oil is an excellent source of omega-3 fatty acids, which support heart and brain health.

