

**Back-to-Basics**  
 Knowledge of Fats and Oils

Subject:	Details:
<p><b>1. Fats and Oil Products</b></p> 	<p><b>Types of Fats and Oils</b></p> <p>Not all fats are the same. Following are some basics on the various types of fats to help you make sense of what is best to use.</p> <p>There are two main types of fats/oils:</p>
<p><b>2. Saturated Fats/Oils</b></p>   	<p>Saturated fats are mainly animal fats and are solid at room temperature.</p> <p>Some plants fats are also high in saturated fats such as coconut oil and palm oils.</p> <p>Saturated fats raise blood cholesterol more than any other food you eat. By using the right oils and fats for the right reasons, it can preserve the healthful benefits. The food will not only taste their best, but also be healthy.</p> <p>These fats include</p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Cheese</li> <li>• Fatty meats</li> </ul>

### 3. Unsaturated Fats/Oils



These fats can come from both animal and plant products.

There are three types:

**Monounsaturated Fats** - Usually come from seeds or nuts such as avocado, olive, peanut, and canola oils. These fats are liquid at room temperature.

**Polyunsaturated Fats** - Usually come from vegetables, seeds, or nuts such as corn, safflower, sunflower, soybean, cotton seed, and sesame seeds oils. These fats are liquid at room temperature.

**Trans Fatty Acids** - Trans fats are produced when liquid oil is made into a solid fat, such as shortening or margarine. This process is called hydrogenation. Trans fats act like saturated fats and can raise your cholesterol level.

**The most common monounsaturated oils are:**

- Olive Oil
- Almond Oil
- Truffle Oil
- Avocado Oil
- Walnut Oil
- Peanut Oil
- Canola Oil

**The most common polyunsaturated oils are:**

- Sunflower Oil
- Soybean Oil
- Corn Oil

**The most common trans fatty acids are:**

- Margarine
- Shortening

### 4. Smoking points



Different fats and oils have different uses. Each performs best within a certain range of temperature. Some are made for high heat cooking, while others have intense flavors that are best enjoyed by drizzling directly on food.

The smoke point of an oil or fat is the temperature at which it gives off smoke. The smoke point of oil depends to a very large extent on its purity and age at the time of measurement.

Always pay attention to the packing instructions and descriptions before using the fat / oil. Be aware of the location of the nearest fire extinguisher and/or fire blanket.



## Training Notes:

<p><b>Introduce</b></p> <ul style="list-style-type: none"><li>- Yourself, the task, what TM will learn and how testing is conducted</li></ul>
<p><b>Demonstrate When To Start and Materials</b></p> <ul style="list-style-type: none"><li>- Getting prepared immediately when the duty starts</li><li>- Materials: Fats and Oils</li></ul>
<p><b>Demonstrate Actions</b></p> <ul style="list-style-type: none"><li>- Use job rehearsal to demonstrate steps</li><li>- Explain why each step is performed in a certain way.</li><li>- Explain what team members should notice when doing each step and any safety precautions</li></ul>
<p><b>Demonstrate the Result and Task Standards</b></p> <ul style="list-style-type: none"><li>- Knowing specific food categories / Fats and Oils</li></ul>
<p><b>Practice</b></p> <ul style="list-style-type: none"><li>- TM explains each step of task during practice. Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard</li></ul>
<p><b>Test for knowledge</b></p> <p>Q. Name 3 monounsaturated oils A. Almond Oil, Olive Oil, Truffle Oil</p> <p>Q. Saturated fats are... A. Mainly animal fats and are solid at room temperature.</p> <p>Q. What are the 2 main types of fats/oils? A. Saturated and unsaturated fats/oils</p>
<p><b>Follow-up</b></p> <ul style="list-style-type: none"><li>- Task performed to standard in actual job conditions; observed by manager of dept.</li><li>- Dept. Quiz completed to 100% accuracy</li></ul>