

What kind of fat are you eating?

Most of us eat vegetable oil every day. It is type of fat that is used to make many everyday products such as bread, biscuits, cakes and pies. But what is vegetable oil made from? Tick the different types of oil or fat that you think can be used to make 'vegetable oil'.

cottonseed oil

coconut oil

mustard oil

sunflower oil

cod liver oil

butter

lard

peanut oil

Hint: Vegetable oil can be extracted from all sorts of plants, including nuts (such as coconut and walnuts), seeds (such as sunflower or sesame), and some fruits (such as avocado and olives). Vegetable oils should not contain any fats or oils from animals or fish, such as pig fat, lard, butter or cod liver oil.

avocado oil

walnut oil

corn oil

palm oil

soya oil

rape seed oil

olive oil

sesame oil

pig fat

Health tip: In general, vegetable oils are healthier than fats and oils from animals. But try to avoid 'hydrogenated' vegetable oils. These have been chemically changed to make them more useful in food manufacture, but they are even more unhealthy than animal fats.

