



Colorado Family and Consumer Sciences
Lesson Plan

FACS State Course Name: Food Science

Unit: Lipids

Lesson: Comparing Cooking Oils

Competencies/Purpose:

Students will be able to see the different types of oil you can cook with the different properties that makes each one a useful oil to cook with.

Time Needed: 90 minutes

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FACS Standards (Colorado and National):

- N9.3.2 Analyze nutritional data. (HPE02.06.a,HPE02.06.b)(MAT03.03.a)(PWR2.2.a)(RWC04.10.c)
 - N9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans
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Colorado Academic/Model Content Standards (CDE):

- N9.3.2 Analyze nutritional data. (HPE02.06.a,HPE02.06.b)(MAT03.03.a)(PWR2.2.a)(RWC04.10.c)
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Objectives- Upon completion of this lesson, students will:

Students will determine through discussion which oil is the best to use based on what they have researched and experienced about the oils.

Students will participate in expert groups and research a type of oil and its properties to share with other members of the class.

Instructional Strategies:

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| <input type="checkbox"/> Assigned Questions | <input checked="" type="checkbox"/> Discussion | <input type="checkbox"/> Peer Learning |
| <input type="checkbox"/> Brainstorming | <input type="checkbox"/> Drill & Practice | <input type="checkbox"/> Problem Solving |
| <input type="checkbox"/> Case Study | <input type="checkbox"/> Field Trip | <input type="checkbox"/> Reading for Meaning |
| <input checked="" type="checkbox"/> Computer Assisted Instruction | <input type="checkbox"/> Inquiry | <input type="checkbox"/> Research Projects |
| <input type="checkbox"/> Concept Attainment | <input type="checkbox"/> Interviewing | <input type="checkbox"/> Role Playing |
| <input type="checkbox"/> Concept Mapping | <input checked="" type="checkbox"/> Jigsaw | <input type="checkbox"/> Simulations |
| <input type="checkbox"/> Conducting Experiments | <input type="checkbox"/> Journal Writing | <input type="checkbox"/> Storytelling |
| <input checked="" type="checkbox"/> Cooperative Learning | <input type="checkbox"/> Laboratory Groups | <input type="checkbox"/> Think, Pair, Share |
| <input type="checkbox"/> Debates | <input type="checkbox"/> Learning Centers | <input type="checkbox"/> Tutorial Groups |
| <input type="checkbox"/> Demonstration | <input type="checkbox"/> Lecture | <input type="checkbox"/> Writing to Inform |

Tools, Equipment & Supplies:

- Computers (access to computers, students in groups.)
- Construction Paper
- Markers, Scissors, etc.
- Paper
- Printer(s)
- Other [Click here to enter text.](#)

Resources:

- Handouts
- Textbook pgs. [Click here to enter text.](#)
- Multimedia [Click here to enter text.](#)
- Overhead Masters
- Workbook pgs. [Click here to enter text.](#)
- Other [Click here to enter text.](#)

Key Terms:

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- Mono-unsaturated fats- fats that have one double-bonded carbon in the molecule; lower LDL (bad cholesterol) and raise HDL (good cholesterol)
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- Poly-unsaturated fats- fats that have more than one double bonded carbon in the molecule; typically liquid at room temperature
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- Saturated fats- fats in which the carbon atoms are saturated (all bonded) with hydrogen atoms. Often solid at room temperature
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- Omega Acids- fatty acids that are found in oils and help the body to grow
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Introduction of Lesson:

Prior Information: Prior to this lesson, students should have learned about mono and poly-unsaturated fats, saturated fats, omega acids, and the needs and benefits of all of these. This lesson would be a good supplement to a lecture on properties and composition of oils.

Set: List two types of cooking oils. What is the benefit of using different types of oils?

Assessment:

The students should be able to have a discussion about this topic and use the information that they gained from their search. In your group, you need to discuss and decide which oil is the best and why. Discuss different areas of information, personal experience and debate until you come up with a majority vote. Be ready to discuss your decision with the class.

Sponge: Looks up recipes that use the different types of oils and explain why that oil was chosen for that recipe (smoke point, flavor, etc).

Modifications:

Supplemental Reading: <http://www.lifemojo.com/lifestyle/cooking-oil-facts-238938>

FCCLA Integration:

Culinary Arts
