



Cooking Oils and Health Risks: Toxic Temperatures and Safe Practices Revealed

Description

Seed oils might not cross your mind often, yet they constitute a significant portion of our diets, appearing in products from frozen meals and bread to baby formula. According to research published in the journal *Nutrients* in 2023, over 25% of our calorie intake comes from eight seed oils: rapeseed, sunflower, flaxseed, corn, grapeseed, soybean, rice bran, and safflower.

However, there is rising concern over their health implications. These oils are believed to heighten inflammation, potentially leading to ailments like type 2 diabetes, heart disease, depression, and Alzheimer's. Recent studies even suggest a link to increasing cancer rates.

So, what's the real deal with seed oils? These oils, derived from plant seeds, are rich in omega-6 fatty acids. While mechanical pressing keeps their nutrients intact, modern production methods often involve chemicals, leading to potential health hazards. They offer a cost-effective fat source, which explains their prevalence in ultra-processed foods.

Two new alarming studies highlight these risks. One from the University of South Florida indicated inflammatory omega-6 in colon cancer tissues, suggesting they might fuel cancer growth by promoting inflammation. Another study in *Clinical Oncology* suggested that reducing seed oils in the diet could slow prostate cancer progression.

Despite some adverse reports, omega-6 fatty acids, like linoleic acid, can be beneficial in moderation, supporting healthy skin and lowering bad cholesterol. However, excess intake, especially in the Western diet, disrupts the omega-6 to omega-3 balance, potentially causing inflammation.

Ultimately, moderation is key. Experts recommend being mindful of intake, opting for oils higher in omega-3s, like olive and avocado oil, and limiting the use of seed oils in high-heat cooking to reduce toxic by-products.

Vocabulary List:

1. **Ailments** /'eɪ.l.mənts/ (noun): Physical disorders or diseases.
2. **Inflammation** /ɪn.flə.mə'teɪ.ʃən/ (noun): A localized physical condition characterized by redness swelling heat and pain.
3. **Omega-6** /oʊ'meɪgə sɪks/ (noun): A type of polyunsaturated fatty acid important for human health.
4. **Moderation** /,mɒd.ə'reɪ.ʃən/ (noun): The avoidance of excess or extremes especially in behavior or political opinions.
5. **Tissues** /'tɪʃu:z/ (noun): Groups of cells in an organism that work together to perform specific functions.



6. **Prevalence** /'prɛvələns/ (noun): The fact or condition of being prevalent or widespread.

Comprehension Questions

Multiple Choice

1. What percentage of our calorie intake comes from eight seed oils, according to research published in *Nutrients* in 2023?
Option: 10%
Option: 25%
Option: 40%
Option: 60%
2. Which of the following is not one of the eight seed oils mentioned in the text?
Option: Rapeseed
Option: Coconut
Option: Soybean
Option: Corn
3. What health implications are associated with seed oils?
Option: Reduced inflammation
Option: Increased risk of type 2 diabetes
Option: Improved heart health
Option: Enhanced mental acuity
4. Which study suggested that reducing seed oils in the diet could slow prostate cancer progression?
Option: University of South Florida study
Option: Clinical Oncology study
Option: *Nutrients* journal study
Option: No specific study mentioned
5. What is recommended to reduce toxic by-products when cooking with seed oils?
Option: Using them in high-heat cooking
Option: Opting for oils high in omega-3s
Option: Not regulating heat levels
Option: Ingesting seed oils raw



6. Why are seed oils prevalent in ultra-processed foods?

Option: Due to their high price

Option: Because they are commonly grown in controlled environments

Option: As they provide a cost-effective fat source

Option: They have a long shelf life

True-False

7. Seed oils are rich in omega-3 fatty acids.

8. Experts recommend unlimited intake of seed oils for optimal health.

9. Excess intake of omega-6 fatty acids can disrupt the omega-3 to omega-6 balance in the body.

10. Reducing seed oils in the diet has no impact on prostate cancer progression.

11. Omega-6 fatty acids like linoleic acid can support healthy skin.

12. High-heat cooking with seed oils is advised to preserve their nutritional content.

Gap-Fill

13. Name one ailment that seed oils are believed to potentially lead to, according to the text: type 2

_____.

14. One study suggested that inflammatory omega-6 in colon cancer tissues could fuel cancer growth by

promoting _____.

15. Seed oils are rich in omega-_____ fatty acids, according to the text.

16. Experts recommend being mindful of intake and limiting the use of seed oils in high-heat cooking to

reduce _____ by-products.

17. To support healthy skin and lower bad cholesterol, omega-6 fatty acids like linoleic acid can be



beneficial in _____.

18. Opting for oils higher in omega-3s, like _____ and avocado oil, is recommended by experts.

Answer

Multiple Choice: 1. 25% 2. Coconut 3. Increased risk of type 2 diabetes 4. Clinical Oncology study 5. Opting for oils high in omega-3s 6. As they provide a cost-effective fat source

True-False: 7. False 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. diabetes 14. inflammation 15. 6 16. toxic 17. moderation 18. olive

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term refers to any sickness or disease?

Option: Inflammation

Option: Omega-6

Option: Moderation

Option: Ailments

2. Which term relates to the ability to conceive a child or produce offspring?

Option: Ailments

Option: Resilience

Option: Fertility

Option: Anxiety

3. What is a customary allowance of food and drink?

Option: Health

Option: Empowered

Option: Diet

Option: Anxiety

4. Which term describes something difficult to find catch or achieve?

Option: Contractions

Option: Elusive

Option: Ultraprocessed



Option: Ingredients

5. Which term relates to the mental action or process of acquiring knowledge and understanding?

Option: Circulation

Option: Equate

Option: Cognitive

Option: Heighten

6. What term refers to the quality or condition of being widespread?

Option: Prevalence

Option: Warranting

Option: Heighten

Option: Fertility

7. Which term describes a lifestyle involving much sitting and little physical activity?

Option: Resilience

Option: Empowered

Option: Sedentary

Option: Health

8. Which term refers to a feeling of worry nervousness or unease about something with an uncertain outcome?

Option: Ultrasound

Option: Reassure

Option: Anxiety

Option: Contemplate

9. What term describes the body's response to injury or infection often resulting in pain swelling and redness?

Option: Inhibiting

Option: Anticholinergics

Option: Inflammation

Option: Omega-6

10. Which term means to give someone the authority or power to do something?

Option: Empowered

Option: Resilience

Option: Anticholinergics

Option: Cognitive

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. _____ foods often contain high amounts of added sugars fats and salt.
12. Before making a decision it is essential to carefully _____ the options available.
13. Smoking can _____ the risk of developing lung cancer.
14. To bake a cake you need to gather all the necessary _____.
15. Individuals with strong _____ are better equipped to cope with difficult situations.
16. The severity of the situation may be _____ further investigation.
17. _____ is a condition characterized by a decline in cognitive function.
18. One should not _____ wealth with happiness.
19. Balancing your intake of Omega-3 and _____ fatty acids is important for good health.
20. Some medications work by _____ the action of acetylcholine in the nervous system.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Cells with similar structure and function group together to form specific organs like the heart or lungs.
22. This imaging technique is commonly used to monitor fetal development during pregnancy.
23. Cooking often involves combining various components such as vegetables meat and spices to create a dish.
24. Substances that help mix ingredients that would not typically blend like oil and water are known as .
25. During labor the uterus experiences rhythmic tightenings known as to help with childbirth.
26. Regular exercise and a balanced diet are crucial for maintaining overall and well-being.
27. Some diseases have no known cure and are described as .
28. Certain substances can prevent or slow down chemical reactions in the body which is known as their activity.



29. The key to a healthy lifestyle often involves enjoying all things in rather than excess.

30. Providing comfort and support to someone in distress can help them during challenging times.

Answer

Multiple Choice: 1. Ailments 2. Fertility 3. Diet 4. Elusive 5. Cognitive 6. Prevalence 7. Sedentary 8. Anxiety 9. Inflammation 10. Empowered

Gap-Fill: 11. Ultraprocessed 12. Contemplate 13. Heighten 14. Ingredients 15. Resilience 16. Warranting 17. Dementia 18. Equate 19. Omega-6 20. Anticholinergics

Matching sentence: 1. Tissues 2. Ultrasound 3. Ingredients 4. Emulsifiers 5. Contractions 6. Health 7. Incurable 8. Inhibiting 9. Moderation 10. Reassure

CATEGORY

1. Health - LEVEL4

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