

1. Which forms of fatty acids are provided by olive oil?
2. Your book notes that olive oil greatly increases the palatability of other foods. What is meant by this statement and what foods do the authors draw attention to?
3. Summarize the process of making olive oil.
4. Describe the difference between each kind of olive oil: Non-virgin, Virgin, and Extra Virgin.
5. Based on the information in Table 6.2, what is the name of the fatty acid that is most present in olive oils?
6. At high temperature, olive oil is less likely to oxidize than other oils. Why is this?
7. Table 6.4 points out that pig meat contains higher monounsaturated fatty acids than lamb or beef. Why is this?
8. High levels of conjugated linoleic acids (CLA) have been found in feta.
 - a. Dairy cows cannot make CLAs, so where do they come from?
 - b. There is some evidence that CLAs have some medicinal value. Summarize what the book discusses.