

Grade 8 Technology Worksheet

Food: consumption

Playing with fire

Some of South Africa's chip shops, restaurants and street vendors are putting their customers' health at risk by using old, harmful oil, according to Prof. Lodewyk Kock. Lindsay Ord reports (abbreviated)

South Africans are eating more fast foods than ever before and that means we're consuming loads of oil and fat.

It is not so much the calories that lurk in that oil as the quality of oil that is of concern. Studies have shown that the quality of frying oils used by many restaurants, eateries and street vendors is at best unsatisfactory and, at worst, unfit for human consumption. Many of our fast-food outlets are playing with fire when it comes to their customers' health. The law states that it is a criminal offence to use edible oils and fats containing 25% or more polar compounds and / or 16% or more polymerised tryglycerides (varnish-like compounds) in which to fry food, because they may be injurious to health.

"We see oils with as much as 60% broken-down compounds in our samples," says Kock. Used fats containing as much as 75% breakdown products have been recorded. As many as one in eight frying establishments uses abused oil, with the figures rising to one in five in Durban. Much of that finds its way to poor communities for consumption.

In 1981 in Spain, 20 000 people became ill and 460 died of the effects of toxic misrepresented adulterated olive oil. Animal studies show that certain breakdown in products in abused oil may have a link to cancer, arteriosclerosis and other diseases.

- 1.1 Why do you think that the reporter used this title? [2 marks]
- 1.2 Why do we refer to fast foods such as chips and hamburgers as fast foods? [3 marks]
- 1.3 In what way do the processes used differ from traditional ways in which food was prepared? Give examples. [5 marks]
- 1.4 Give reasons to explain the popularity of fast foods amongst [6 marks]
 - Working mothers
 - School children
- 1.5 What foods would you suggest as alternatives to fast foods in the school tuck shop? [4 marks]

[20 marks]

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Suggested Solutions

Question number	Possible marks	Answers
1	2 marks	1.1 It's dangerous to use abused cooking oil.
	3 marks	1.2 Bought easily; quick to prepare; eat in a hurry.
	5 marks	1.3 Usually fried, high in fat and salt, recycled oil; mass produced; frozen and reheated.
	6 marks	1.4 Working mothers – saves preparation time; microwave-friendly; can eat wherever – no setting of table. School children – peer pressure; looks cool; don't want healthy snacks.
	4 marks	1.5 Brown bread / wholewheat sandwiches; cheese, fruit, nuts, health bar, dried fruit.

[20 marks]