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**Catherine:** Hello, I'm Catherine and welcome to Question and Answer of the Week. Helping me answer your questions today is Feifei.

**Feifei:** 大家好, 欢迎收听《你问我答》。我是冯菲菲。

**Catherine:** Our question today comes from Stephen Jee, who has a question related to food and cooking.

**Feifei:** 这个问题和我们的健康还有着很紧密的联系。我们一起来先来听一下他的问题。

**Catherine:** Yes, let's hear the question.

### Question

*Hello. May I ask about the difference between vegetable fat and vegetable oil?  
Many thanks in advance!*

**Feifei:** Stephen 想知道 vegetable fat 和 vegetable oil 的区别。这个问题很专业啊 vegetable fat and oil 之间有区别吗 Catherine?

**Catherine:** Yes, and to put it simply: generally speaking, fats are solid at room temperature. Oils are liquid at room temperature.

**Feifei:** 一般来讲, fat 在室温下呈固态, oil 在室温下呈液态。听起来好像挺好区分的。

**Catherine:** Yes, it is. Here are 2 people talking about their shopping list.

### Example

*Man: We need some cooking oil. What type do you want?*

*Woman: Sunflower oil, a large bottle. And put biscuits on the list.*

*Man: Chocolate biscuits?*

*Woman: Ooh I'd love to, but they're too high in fat. Let's just get plain ones.*

*Man: Do you want low-fat milk too?*

*Woman: Let's get the fat-free type.*

**Feifei:** 上面的对话中提到了两种液体油 cooking oil 烹饪油, sunflower oil 葵花子油。对话中的女士说 chocolate biscuits 巧克力饼干 too high in fat 脂肪含量太高。她用了单词 fat 是因为饼干是固体的对吧?

**Catherine:** Right. And we also use the word 'fat' to talk about oils and fats in general, when we're talking about food.

**Feifei:** 单词 **fat** 可以指液体油或固态脂肪。就算饼干里含有植物油，我们还是应该说含脂肪量高 **high in fat**, 而不是 **high in oil**.

**Catherine:** Yes. We can talk about food being high in fat, or high-fat. Low in fat, or low-fat. And if there is no fat at all in something, we say it's fat-free. Got it?

**Feifei:** Yes, got it.

**Catherine:** Good, because I'm going to give you a little test. How is your knowledge of food and fat content?

**Feifei:** I'd like to think I have a decent knowledge of that.

**Catherine:** Good, because I'm going to name a food and you have to tell me whether it's high in fat, low in fat, or fat-free. Are you ready?

**Feifei:** I'm ready!

**Catherine:** OK. First food: fried spring rolls.

**Feifei:** 炸春卷 I think that's high in fat.

**Catherine:** Well done! Spring rolls are high in fat. Next: spinach.

**Feifei:** Spinach 菠菜 - 肯定是 low in fat.

**Catherine:** Correct! Spinach is a low-fat food.

**Feifei:** I think it's almost fat-free, isn't it?

**Catherine:** I think spinach might be almost totally fat-free. Next: sesame oil!

**Feifei:** Of course, sesame oil 芝麻油 is very high in fat!

**Catherine:** It's a very high-fat food. Last one: chicken!

**Feifei:** Chicken is white meat, so I think it should be low in fat.

**Catherine:** Chicken is a low-fat food – and it's delicious when it's fried in peanut oil.

**Feifei:** 炸鸡, 说得我都要流口水了。谢谢 Stephen 发来的问题。如果你在英语学习中遇到任何难题, 欢迎随时发微博或来信给我们。我们的邮箱是 **questions.chinaelt@bbc.co.uk**. 下次节目再会!

**Catherine:** Goodbye!