

COCONUT OIL - AMAZING WAYS TO USE COURSE LEARNING WORKBOOK



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Note: External Links: Regarding Advertisements

There are links provided in this Course Learning Workbook. There may also be some links on the GMP Fitness Learning Platform. These links, which may also provide advertisements, are for informational purposes only. These links are for informational purposes only; they do not constitute an endorsement or approval by GMP Fitness® of any of the products by these companies.

COCONUT OIL - AMAZING WAYS TO USE—COURSE LEARNING WORKBOOK ACTIVITY QUESTIONS AND ADDITIONAL ASSIGNMENTS

This course includes over **“30 numbered activity questions”** designed to help you **present your results**. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

- **OPTIONAL: IF YOU PURCHASED A BUNDLE COURSE** - When you have completed [ALL](#) questions you can email the “Course Learning Workbook” to info@gmpfitness.com. [Again](#) this is optional, but if you email the completed Course Learning Workbooks for all Courses in the Bundle, you will receive an additional Course Certificate.

Additional Assignments - These questions are not on the exam.

Also, **there are “Additional Assignment Questions” provided below - these questions are not on the exam.**

— The main purpose of the external webinar, video, **audio**, and/or article **links** is to watch and/or read them and increase and reinforce your knowledge of the course subject matter and extend your learning into other areas of health and wellness as well. The external links also increase student engagement and interaction and discussion with peers and others.

— Some of the **external** external webinar, video, **audio**, and/or article **links** will have advertisements.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam.

External Link Assignments Quick Steps

- Click on the external webinar/video/article links (∞) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

Lesson 1 Study Questions

Go to this [link](#) and review the study.
Then answer the questions about this study below.

- Coconut contains a high percentage of _____ ?
 - The coconut tree is grown in more than _____ countries?
 - There are _____ million coconuts grown annually
 - According to the study list some medical properties of VCO.
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- According to the study what does VCO help prevent?
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- VCO is found to be a powerful _____.
 - The most popular traditional method of oil extraction are _____ extraction and _____ extraction process.
 - Coconut oil is a colorless liquid at a temperature of _____ °C and above.
Solidified coconut oil is _____ in color.
 - Coconut oil will form a white homogenous mixture when mixed with _____ and agitated.
 - The main composition in coconut oil is _____ fatty acids which are around 94%.
 - Discuss triglycerides oils and medium-chain fatty acids.
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- Coconut oil contains _____ kcal of energy per 100 g. 892
 - What is calcium essential for?
 - What is iron essential for?
 - What is choline essential for?
 - What is zinc essential for?
 - What is vitamin E essential for?
 - Discuss the cold extraction process.
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- Discuss the hot extraction process.
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1. Why is coconut oil is a great alternative to use in cooking?

2. Coconut oil naturally contains three medium-chain fatty acids. What are these?

3. How many carbohydrates are in coconut oil?

4. Give eight ways you can incorporate coconut oil and swap out other ingredients in your

cooking?

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5. Give three ways you can incorporate coconut oil and swap out other ingredients in your baked goods?

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6. Give three ways you can incorporate coconut oil and swap out other ingredients in your drinks?

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LESSON 2

Lesson 2 Study Questions

- According to the study coconut oil is able to block _____% of UV rays emitted from the sun.
- Coconut oil can _____ our metabolism rate.
- Discuss the coconut oil helps your dental health.

- According to the study coconut oil essential oils with coconut oil, the insect repellent can provide over _____% protection from the bites of certain mosquitoes.

7. What kind of coconut oil should you look for?

8. Give five ways you can use coconut oil with makeup.

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9. Give ten ways you can use coconut oil on your face.

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10. Give ten ways you can use coconut oil on your body.

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11. How do you use coconut oil for a skin face mask?

12. How do you use coconut oil to reduce discolored skin?

13. How do you use coconut oil with babies?

14. How do you use coconut oil as a lip balm?

15. How do you use coconut oil to exfoliate your skin?

LESSON 3

14. Give ten ways you can use coconut oil for hair care.

15. How do you use coconut oil to hide dandruff?

16. How do you use coconut oil as a shine enhancer?

17. How do you use coconut oil as a static reducer?

LESSON 4

18. Give ten ways you can use coconut oil for healthy uses.

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19. How do you use coconut oil for oil pulling?

20. How many tablespoons of coconut oil per day can rev up your metabolism?

21. How do you use coconut oil for aromatherapy?

22. How do you use coconut oil to soothe a sore throat?

23. How do you use coconut oil as a natural lice remedy?

24. How do you use coconut oil to lengthen egg shelf life?

LESSON 5

25. Give fifteen ways you can use coconut oil around the house.

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LESSON 6

26. Give seven ways you can use coconut oil with your pets.

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LESSON 7

Course Activity

Now search the web and find some for yourself or use some of the ones in this course to create an infographic of how you will use coconut oil.

27. What are the recommended guidelines when you buy coconut oil?

28. How is unrefined coconut oil obtained?

29. How is refined coconut oil obtained?

30. How do you substitute coconut oil in a recipe?

LESSON 8

External Link Assignments Quick Steps

- Click on the external webinar/podcast/video/article links (∞) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

∞ [Interview with Dr. Bruce Fife - Dr. Fife discusses the benefits of coconut oil for both humans and pets](#) - Youtube Video - 52:58 Minutes

Assignment: Watch or listen to the video. After watching the video and discussing the things you have learned, answer the questions below and use the article that relates to the video to

help you answer the questions. Then search the web and find articles that pertain to things that are discussed and reinforce the video more.

What else did you learn from the video?

- What part of the coconut do you get the oils from?

See this article as well - [Coconut oil boom - American Oil Chemists' Society](#)

- What are fatty acids?

See this article as well - [Fatty acid - Wikipedia](#)

- What do fatty acids influence?

See this article as well - [Functional Roles of Fatty Acids and Their Effects on Human Health](#)

- What kind of fatty acids does coconut oil have?

See this article as well - [Coconut oil - Wikipedia](#)

- How does coconut oil establish a good microbiome?

See this article as well - [5 Benefits Of Coconut Oil On Your Leaky Gut - Health Canal](#)

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- How can you use coconut oil with pets?

See this article as well - [Top 7 Reasons To Use Coconut Oil For Dogs](#)

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- What is a ketogenic diet?

See this article as well - [What's a Ketogenic Diet? - WebMD](#)

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- What is ketosis?

See this article as well - [Ketosis: Definition, Keto Diet, Symptoms, and Side Effects](#)

Discuss what you learned from the articles you searched.

🔊 [Dr. Bruce Fife – The Coconut Cures](#) 1 Hour 2 minutes

Assignment: Listen to the podcast. Then answer the questions below. Then continue throughout the video finding articles that pertain to things that are discussed and reinforcing the video more.

- What does coconut oil block when you are in the sun?

See this article as well - [How effective is coconut oil when used as a sunscreen](#)

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- How does coconut oil assist in weight loss?

See this article as well - [How Coconut Oil May Help You Lose Body Fat - Verywell Fit](#)

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- What does Dr. Fife say about coconut oil and cholesterol?

See this article as well - [Coconut Oil Benefits, Nutrition and Popular Uses - Dr. Axe](#)

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- What does Dr. Fife say about coconut oil, energy, and the heart muscle?

See this article as well - [Coconut Oil and the Boost in HDL "Good" Cholesterol](#)

What else did you learn from the video?

∞ [The Coconut Oil Miracle With Dr. Bruce Fife Podcast #043 - YouTube](#) - 1 Hour and 2 Minutes Podcast

- What does Dr. Fife say about what happened with coconut oil in the 1980s?
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- What does Dr. Fife say about the different fats?

- What are long-chain fatty acids?

See this article as well - [Why You Need Good Fats and Where to Find Them - Verywell](#)

- What are medium-chain fatty acids?

See this article as well - [MCT Oil 101: A Review of Medium-Chain Triglycerides](#)

- What does Dr. Fife say about hydrogenated oils?

See this article as well - [Why Is Hydrogenated Oil Bad for You? | Livestrong.com](#)

- What is the difference between MCT and coconut oil oils?

See this article as well - [Why Is Hydrogenated Oil Bad for You? | Livestrong.com](#)

- What does Dr. Fife say about coconut oil and weight loss?

See this article as well - [Can Coconut Oil Help You Lose Weight? - Healthline](#)

What else did you learn from the podcast?

EXTERNAL LINK ARTICLES

Assignment: Read the articles. Then discuss what you learned from each one.

∞ [Effect-of-coconut-oil-in-plaque-related-gingivitis—A-preliminary-report](#)

∞ [Coconut Oil Tips](#)

∞ [No Need To Refrigerate](#)

EXTERNAL REINFORCEMENT LINK VIDEO/ARTICLES

Assignment: Read the articles and if available watch the videos. Then discuss what you learned from each one. These are not required but provide a lot of reinforcement and expands previous learning.

∞ [25 Coconut Oil Uses That Benefit Your Hair and Skin](#) (1:40 minutes)

∞ [Coconut Oil Health Benefits and Uses | Organic Facts](#) (2:12 minutes)

∞ [What to know about coconut oil](#) (no video)

∞ [Coconut Oil | The Nutrition Source](#) (no video)

∞ [10 Evidence-Based Health Benefits of Coconut Oil - Healthline](#) (no video)

∞ [Is coconut oil good for your skin?](#) (no video)

∞ [25 Coconut Oil Uses That Benefit Your Hair and Skin](#) (1:40 minutes)

