

## FATS AND OILS STUDY GUIDE

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

1. Define:  
FAT -  
  
OIL -  
  
LIPIDS -  
  
CHOLESTEROL -
2. Fat is called the best source for energy. Why?
3. List the functions of fat in the body.
4. Why does fat keep the body from being hungry?
5. Why does the body need fatty acids?
6. Name the two kinds of fatty acids found in fats.
7. What are saturated fatty acids?
8. What are monounsaturated fatty acids?
9. What are poly-unsaturated fatty acids?
10. What is trans fat?
11. What is visible fat?
12. How do fat soluble vitamins affect the fats consumed by the body?

13. Name four fat soluble vitamins.
14. What are the richest sources of fat in the diet?
15. Define:  
HYDROGENATION -  
  
BUTTER -  
  
MARGARINE -  
  
LARD -  
  
VEGETABLE OILS -  
  
VEGETABLE SHORTENINGS -
16. What does rancid mean? How can it be identified in fats?
17. Fats add flavor to food. Which fats add the most flavor?  
  
Which fats add the least flavor?
18. Why is it important to store fats and oils in tightly covered containers?
19. What happens when fats are heated to high temperatures?
20. When using fat in a deep-fat fryer what precautions need to be taken?
21. Can the microwave oven be used to deep-fat fry? Why?