

FATS TEST

Name _____ Period ____ Assign #

1. Fat is a necessary part of a
2. Fat is the most concentrated source of _____.
The other two nutrients that provide energy are:
 - 1.
 - 2.
3. Fats that are liquids at room temperature are called _____,
and fats that are solids at room temperature are called _____.
4. Because fat is stored under the skin and in the abdomen it serves well in
5. What are some highly concentrated sources of fat?
6. Excessive amounts of fat interfere with

and eventually results in
which causes a lot of problems in the body.
7. The fat will remain in the body longer than other foods which results in:
8. The average women in the United States eats _____ grams of fat,
but should eat _____ grams for weight loss.

The average man in the United States eats _____ grams of fat,
but should eat _____ grams for weight loss.

9. Explain how to tell what the percentage of fat is in a food item.

10. What is cholesterol?

The following are sources of cholesterol:

CHOLESTEROL IS NOT NEEDED IN THE DIET.

11. Cholesterol is not found in:

12. What are fatty acids?

There are three types of fatty acids, they are:

1)

2)

3)

ALL TYPES OF FATTY ACIDS HAVE THE SAME AMOUNT OF FAT.

What effect do all of these have on cholesterol in our bodies?

Saturated fat

Polyunsaturated fat

Monounsaturated fat

So which of these are the best for your body and for your cholesterol level?

13. What is the result of a diet high in cholesterol and saturated fats?

Resource for Option #13 - Fats Test continued

14. Another reason fats are important is:

15. Name the type of fat found in snack foods and required on food labels.

16. Cut the fat in the following recipe ingredients for CHOCOLATE PUDDING. You will receive 5 points for each cut you make.

<u>Regular Recipe</u>	<u>Adjusted Recipe</u>
1 cup sugar	
2 tbsp. cornstarch	
1/4 tsp. salt	
2 cups whole milk	
2 slightly beaten egg yolks	
2 tbsp. butter	
2 - 1 oz. squares unsweetened chocolate	
1 tsp. vanilla	

17. Calculate the percentage of fat in the following:

HONEY GRAHAMS

Serving size - 2 crackers

Calories - 130

Protein - 2 grams

Carbohydrates - 21 grams

Fat - 4 grams

_____ percent fat

COOKIE BARS

Serving size - 1 piece

Calories - 170

Protein - 1 gram

Carbohydrates - 22 grams

Fat - 8 grams

_____ percent fat