

Name _____ Period _____ Assign # _____

1. Fat is a necessary part of a balanced diet
2. Fat is the most concentrated source of food energy.
The other two nutrients that provide energy are proteins
and carbohydrates.
3. Fats that are liquids at room temperature are called
oils, and fats that are solids at room
temperature are called solids (lard, butter, shortening).
4. Because fat is stored under the skin and in the abdomen it serves well in
emergencies, when body is in need of extra fuel
5. What are some highly concentrated sources of fat?
butter, marbled meats, poultry skin, whole milk, cheese, ice cream, nuts
6. Excessive amounts of fat interfere with digestion
and eventually results in obesity
which causes a lot of problems in the body.
7. The fat will remain in the body longer than other foods which results in:
a pleasant feeling of satisfaction and supplies needed heat, energy, and storage for
body reserves
8. The average women in the United States eats 80-100 grams
of fat, but should eat 20-40 grams for weight loss.
The average man in the United States eats 100-120 grams
of fat, but should eat 30-60 grams for weight loss.

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

FORMULA:

grams of fat times 9 calories divided by total calories times 100

the average person consumes 40% in fat for their calories but should not exceed 30%

10. What is cholesterol?

a fat-like substance made by the body which has some useful functions

The following are sources of cholesterol:

all animal tissues, milk products, egg yolks (anything that can walk, swim or fly)

CHOLESTEROL IS NOT NEEDED IN THE DIET.

11. Cholesterol is not found in:

foods of plant origin, such as fruits, vegetables, dry beans and peas

12. What are fatty acids?

organic acids units which make up fat

There are three types of fatty acids, they are:

1) saturated - animal sources (cheese, milk, meat, palm oil, coconut oil

2) polyunsaturated - vegetable sources and fish

3) monounsaturated - olive oil, canola oil, peanut oil, margarine

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 most harmful, increases good and bad cholesterol

Polyunsaturated fat decreases both good and bad cholesterol

Monounsaturated fat reduces only the "bad" cholesterol

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

monounsaturated fat

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

increases "blood cholesterol level" which builds up in arteries and increases the risk of heart attack and stroke

14. Another reason fats are important is:

They are necessary to dissolve and store vitamins A, D, E, and K. If the body does not have some fat, these important vitamins are not accessible to the body.

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

Trans fats

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

Regular Recipe

Adjusted Recipe

1 cup sugar

2 tbsp. cornstarch

1/4 tsp. salt

2 cups ~~whole milk~~

skim milk

2 slightly beaten ~~egg yolks~~

egg whites or egg substitute

~~2~~ 1 ~~tbsp. butter~~

1 ~~tbsp. butter or margarine~~

~~2~~ 1 ~~oz. squares unsweetened chocolate~~

6 ~~tbsp. cocoa powder~~

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

27-28 percent fat

COOKIE BARS

Serving size - 1 piece

Calories - 170

Protein - 1 gram

Carbohydrates - 22 grams

Fat - 8 grams

42 percent fat