NAME: CLASS PERIOD:

**FATS & OILS**

Definitions:

|  |  |
| --- | --- |
| TERM | DEFINITION |
|  | A nutrient that is essential for body energy, insulation and protection |
|  | Fats that are liquid at room temperature |
|  | The family of fat compounds |
|  | Fat-like substance in our blood |
|  | Unsaturated fat molecule chemically changed to be a solid fat |
|  | Fat you can see with your eyes |
|  | Chemical process making liquid fat a solid fat (not good!) |
|  | Fat extracted from milk and churned into a solid |
|  | Butter substitute made with fat from plants |
|  | Extracted from animal fats |
|  | Oils extracted from plant sources |
|  | Blend of oils hydrogenated to become a solid |
|  | Fats that have begun to decompose (you can smell it!) |

**THE SKINNY ON FATS:**

Fat is a great source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to carbohydrates.

I

FAT

Fats are the most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ source of energy

Fats provide \_\_\_\_\_\_\_ calories pe r gram.

FUNCTIONS OF FAT

There are 4 fat soluble vitamins: \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_

They can only dissolve in \_\_\_\_\_\_\_\_\_. Which means you have to eat fat!

**FATTY ACIDS: There are \_\_\_\_\_\_\_\_\_ categories. There are 3 types.**

|  |  |  |  |
| --- | --- | --- | --- |
| **SYMBOL** | **FATTY ACID TYPE** | **DEFINITION** | **Food Example** |
|  |  | **usually come from animal sources. They are solid often solid at room temperature.** |  |
|  |  | **Usually come from vegetable and fish sources. They are semi liquid at room temperature.** |  |
|  |  | **Plant sources, usually are liquid (sometimes semi solid) at room temperature** |  |

**ALL ABOUT CHOLESTEROL**

Answer:

**Is cholesterol good Or bad?**

1. Cholesterol is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ substance in our blood
2. It is found in \_\_\_\_\_\_\_\_\_\_ tissues, but NEVER present in \_\_\_\_\_\_\_\_\_\_.
3. Cholesterol is \_\_\_\_\_\_\_\_\_\_\_\_ for many body processes.
4. Cholesterol produces hormones and bile acids (which aid in \_\_\_\_\_\_\_\_\_\_\_).

However, too much cholesterol is linked to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

THERE ARE \_\_\_\_\_\_ TYPES OF CHOLESTEROL:

1. \_\_\_\_\_\_\_\_\_\_\_ (Happy/Healthy)!

* The “\_\_\_\_\_\_\_\_\_\_\_” cholesterol

1. \_\_\_\_\_\_\_\_\_\_\_ (the “loser”)

* The “\_\_\_\_\_\_\_\_\_\_” cholesterol

LDL is considered “bad” cholesterol because too much LDL cholesterol in the bloodstream means \_\_\_\_\_\_\_\_\_\_\_\_ in the arteries and increased chance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (think Demi Lovato)

CHOLESTEROL and FATTY ACIDS affect each other!

1. **Saturated Fats**
2. **Polyunsaturated Fats**
3. **Monounsaturated Fats**