

## Nutrition for Healthy Living 120: Test Review Fats

Vocabulary: Be able to define the following terms

Lipid	Phospholipid	Lipoprotein
Triglycerides	Lecithin	VLDL
Fatty acid	Emulsifier	LDL “bad” cholesterol
Saturated	Sterols	HDL “good” cholesterol
Unsaturated	Cholesterol	Coronary heart disease
Monounsaturated	Essential fatty acid	Plaque
Polyunsaturated	Linoleic and linolenic acid	Atherosclerosis
Hydrogenation	Adipose tissue	Heart attack
Trans-fatty acid	Chylomicron	Stroke

Answer the following questions:

1. What are the three main groups of lipids?
2. Why does the body need to obtain linoleic (omega 6) and linolenic (omega 3) fatty acids from plants, nuts, seeds and fish?
3. What does hydrogenation do to fats?
4. What are triglycerides?
5. What is the difference between saturated and unsaturated fatty acids? Monounsaturated and polyunsaturated?
6. How are trans-fats created? How do they influence heart disease?
7. What foods can lecithin be found in?
8. Why is cholesterol not essential to the diet?
9. List and explain the 6 functions of lipids.
10. What role does cholesterol play in the body?
11. Describe briefly how lipids are digested and transported throughout the body.
12. What is a chylomicron and how does it help with digestion of lipids?
13. What are lipoproteins? Describe briefly the three types of lipoproteins.
14. What percent of your calories should come from fat? How much of this should be saturated? Monounsaturated? Polyunsaturated?
15. Give examples of each of the following: saturated fats, monounsaturated fats, and polyunsaturated fats.
16. Are all liquid fats unsaturated? Explain
17. After bile has entered the small intestine and has emulsified fat, what two paths can the fat take?

Fill in the Blanks:

1. \_\_\_\_\_ is another name for fats.
2. Fat molecules are composed of the three elements: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
3. \_\_\_\_\_ make up 95% of the fats we eat. It is made up of one molecule of \_\_\_\_\_ and three \_\_\_\_\_.
4. Fats are broken down in the digestive system, into \_\_\_\_\_ and \_\_\_\_\_.
5. Most fat digestion occurs in the \_\_\_\_\_.
6. \_\_\_\_\_ is the enzyme responsible for fat digestion.
7. Fat provides \_\_\_\_\_ kcal/g of energy to the body.
8. \_\_\_\_\_ act as emulsifiers in foods.
9. \_\_\_\_\_ is a well-known and discussed sterol.
10. Excess fat in the body is stored in \_\_\_\_\_ tissue.
11. Fat is important in transporting fat –soluble \_\_\_\_\_ in the bloodstream.
12. Omega 3 fatty acids are known as \_\_\_\_\_ fatty acids. They cannot be produced by the body.
13. Saturated fats are usually \_\_\_\_\_ at room temperature. While unsaturated fats are liquid.
14. \_\_\_\_\_ is a process that turns an oil into a solid fat.
15. You should consume no more than \_\_\_\_\_ % of your total calories from fat and of that amount, now more than \_\_\_\_\_ should be saturated.
16. \_\_\_\_\_ fats are found in animal products and tropical oils.
17. \_\_\_\_\_ is produced by the liver and stored in the gall bladder.
18. \_\_\_\_\_ carry lipids in the blood.
19. LDL stands for \_\_\_\_\_, the “bad” cholesterol.
20. HDL stands for \_\_\_\_\_, the “good” cholesterol.