

Name: _____

Date: _____

FATS & OILS

G Q C J G C Q O H F Q S D I N C A H V K E Z O K
S T A F D E T A R U T A S N U Y L O P S E M X U
Z F L X T R A N S F A T T J L D G S D N T E O F
T U C N E U Q X Z M F H W J K N U O T K Q G D A
E L R X S T C R Q G Y C U R P H O S L U P S J W
L L Z A F S L J Y G X Y I L T F D J I I Z N H Y
F N E K Y T S Q R B N A R H T C K L V D J A K W
S E L W M U Z E X V P G K S Z F N O Q G X G S A
J S G E K N N Q W E D H A Y U X X I X U J R L R
H S T B T E Q G R H O F R Q U O W E K N D O T M
W J H I A R P E Q M Q E B A B B V R K S U L E T
H E F B E D U W S V I W R E W B U V D T X A Q H
O T P T A S F D S O M X F N V M U P R O W N S V
C I T O S L M A F P F X Z C V L N C C A G R Q N
Z U H I V Y Y H T A J Y D P I K T R T P E E R Q
B M T H L R I A H S T Z C S V X N E D V X T Z W
Y T V V D Y Y J Y Y H S C E G D R U I J E N L W
A E A B R N E J K R G C H M D O F X L G R I P D
G L Y Y S C H E E S E O J O A Z E V O E C M Z T
G T N U T R I E N T L J N A T W T N S H I H H W
P D F O Q V N Q U I O L I Q U I D N U Y S D O H
S A T U R A T E D F A T S T A F D O O G E V Q O
H S T A F D E T A R U T A S N U O N O M O D G I
D A E H S I F Y T T A F A Z O H H Z J J H N Y T

Polyunsaturated fats

Monounsaturated fats

Internal organs

Saturated fats

Tissue repair

Fatty fish

Fast foods

Good fats

Exercise

Bad fats

Fullness

Nutrient

Transfat

Cheese

Butter

Energy

Warmth

Liquid

Water

Solid

Nuts

Hair

Skin

Fats