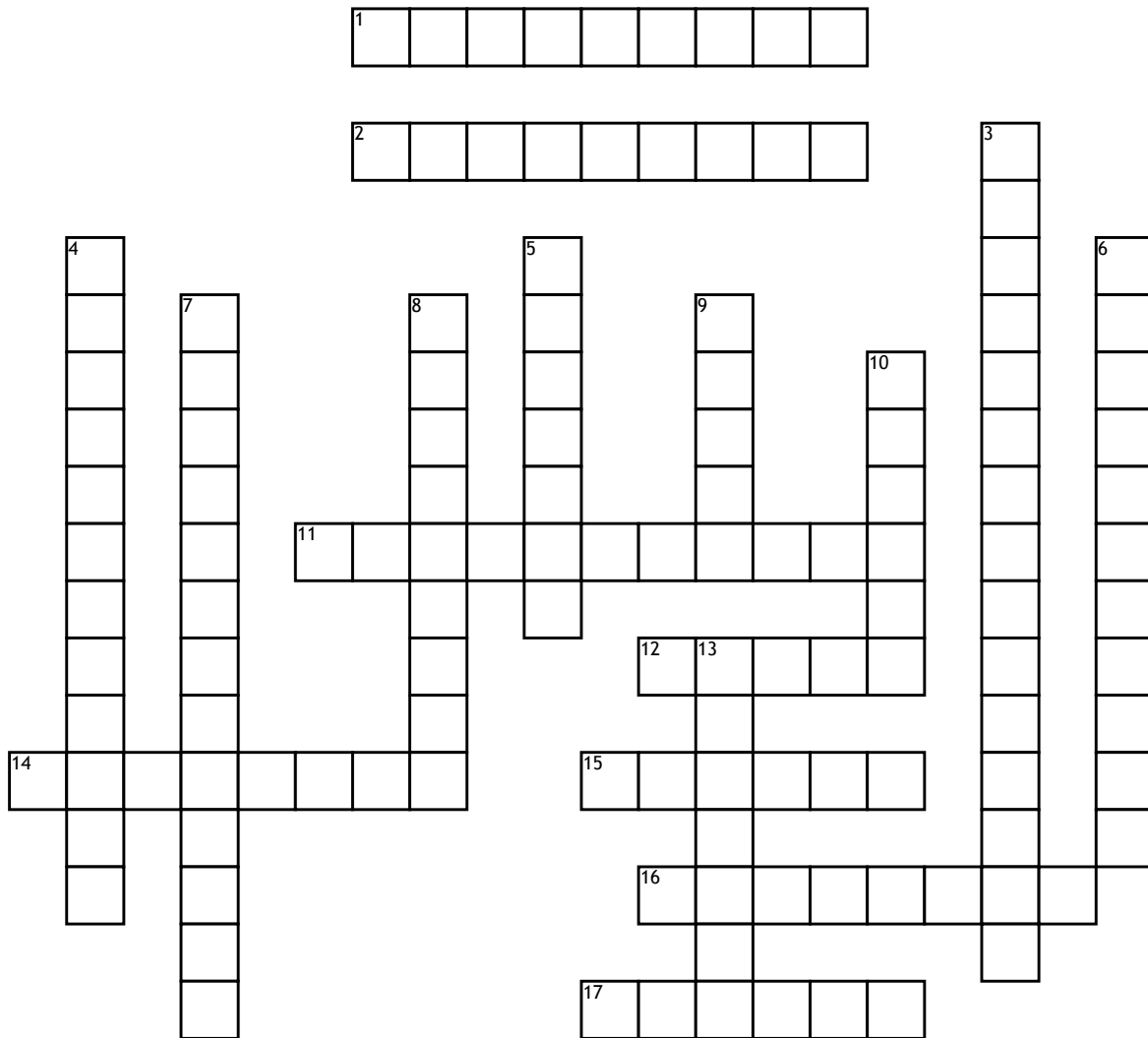


Name: _____

Date: _____

Fats



Across

1. sunflower seeds, olives and almonds are all good sources of which type of fat?
2. Fats that we can not make for ourselves are known as
11. A fatty acid with one or more double bonds is known as an. fatty acid
12. An example of visible fat is often seen on this breakfast meat
14. A D E and K are all fat soluble
15. Meat, dairy products and fish are all good sources of fats.

16. fats are used in the body for the production of these substances that control many of the feedback systems in the body.

17. Fat is the most concentrated source of ----- in the diet.

Down

3. Fats with more than one double bond are known as ?
4. These molecules are composed of one unit of glycerol attached to 3 fatty acids
5. LDL stands for low lipoprotein

6. This waxy substance is made by the body and is found in some foods.

7. This process makes an oil more solid at room temperature

8. When oils are made solid by the addition of hydrogen molecules they form

9. ----- 6 is found in eggs, and is one of the fatty acids the body can not make by itself.

10. fats that can't be seen in foods are known as fats

13. Fat under the skin is known as tissue