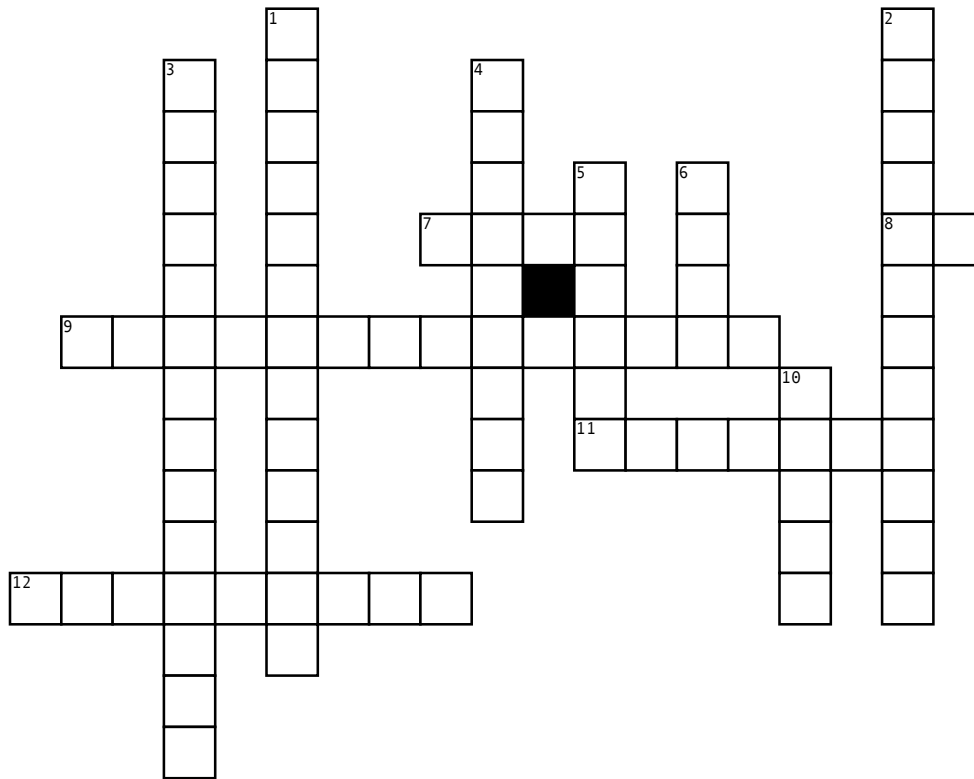


Fats Crossword



Across

- 7. What are fats used for?
- 8. Should a child be cut off completely from intaking any type of fat?
- 9. What can little vitamin E lead to?
- 11. What are most fats used for when it comes to energy?

- 12. What can happen with the lack of vitamin A?

Down

- 1. What can little vitamin k cause
- 2. What is the average fat intake per day for an average adult? (44-?)
- 3. What kind of disease does little vitamin d cause

- 4. What is a tightly packaged fat is called?
- 5. What do Unsaturated fats come from?
- 6. Unsaturated fats are found in...vegetable oils, olives, seeds, some fish, and _____.
- 10. Sources of saturated fats are... red meat, some pork and chicken products, and _____ products.

Word Bank

- | | | |
|-----------------|---------------|-----------------|
| Storage | Plants | Blood softening |
| Blood clotting | Dairy | Fuel |
| Nuts | No | blindness |
| Muscle weakness | Seventy seven | Saturated |