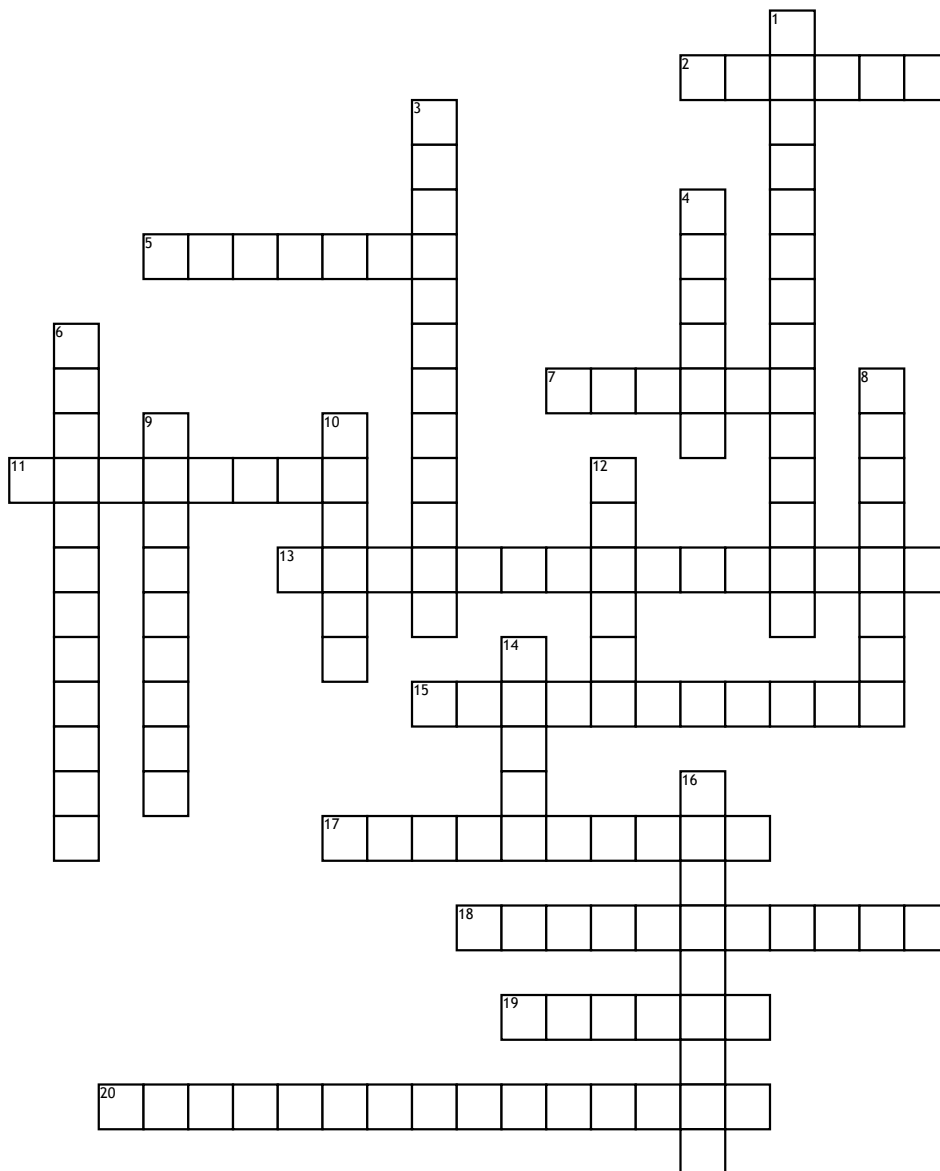


# Fats Unit Crossward Puzzle



## Across

2. food high in unsaturated fats come from these  
 5. fats that are able to dissolve  
 7. a large group of compounds. Include fats and oils.  
 11. a type of unsaturated fat that occurs in small amounts in meat and milk fat  
 13. a type of fat made from one double bond  
 15. a material manufactured by the body and found in fatty foods  
 17. the amount of sugar found within your bloodstream

18. a type of fat where there is at least a single double bond within the fatty acid chain

19. An unsaturated fatty acid of a kind occurring chiefly in fish oils. Essential for normal growth and health.

20. a fat made from multiple double bonds

## Down

1. a common form of heart disease that can be caused by too much fat intake  
 3. high blood pressure  
 4. at room temperature, unsaturated fat comes in this state

6. a type of fat where liquid fats processed to be solid

8. fat is made up of this element and fatty acids

9. fats that are not able to dissolve

10. a buildup of too much plaque in the arteries that causes a blood clot in the brain

12. fatty buildup in our blood vessels that blocks blood from going through well

14. at room temperature, saturated fat comes in this state

16. a type of fat in which the fatty acid chains have all or predominantly single bonds