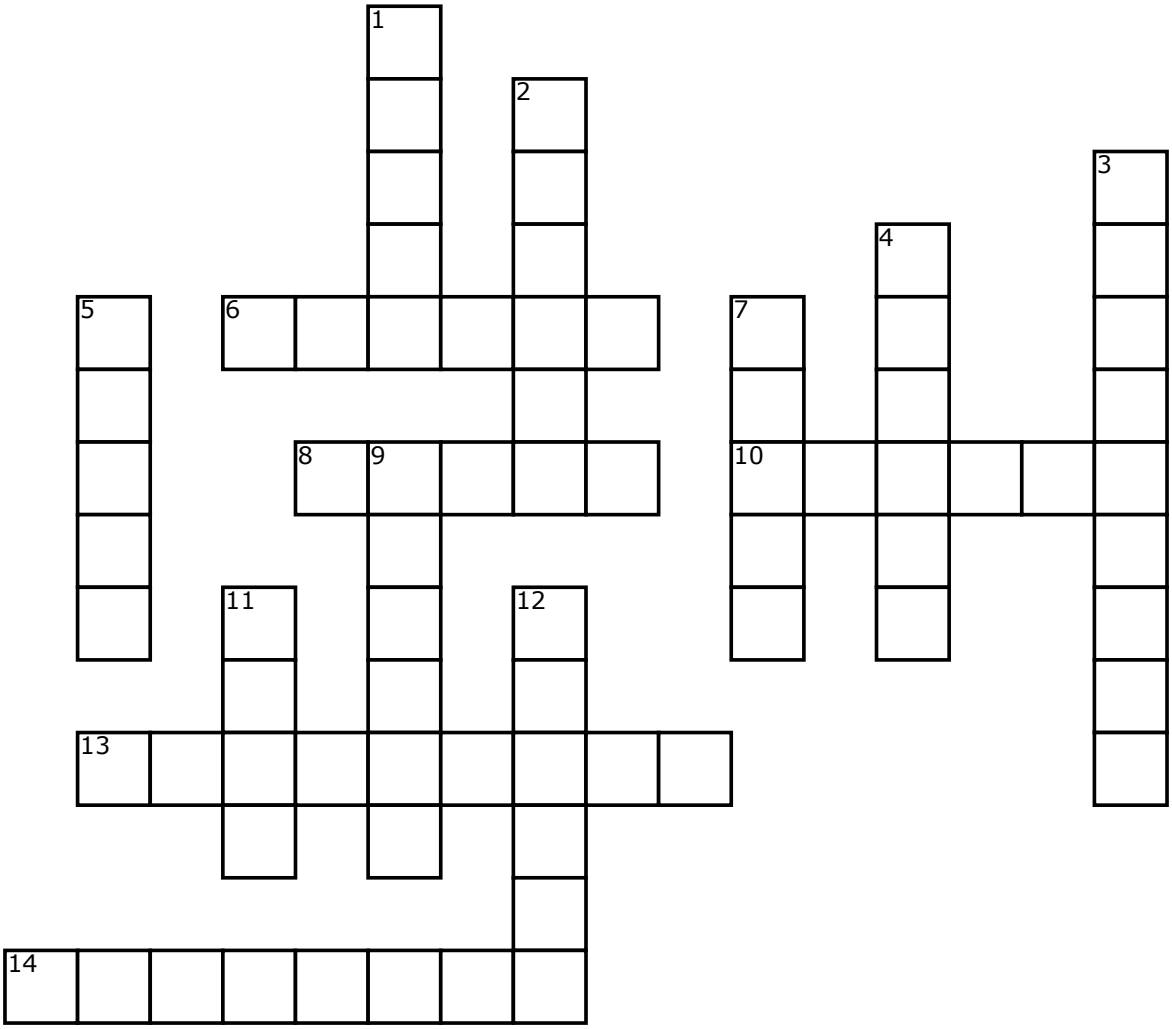
Name: _____ Date: _____

Lipids



Across

6. The main function of lipids is heat and .....

8. Mono-unsaturated and polyunsaturated fatty acids are mainly found in .... sources.

10. Saturated fatty acids are mainly found in ..... sources.

13. The spoliage of lipids is referred to as...

14. The chemical structure of a lipid is made of three fatty acids and.....

Down

1. How many groups are lipids classed into?

2. The elements found in lipids are carbon, oxygen and...

3. Lipids are ..... in water.

4. Salmon, trout, sardines and mackerel are .... sources of lipids

5. Fats are.....at room temperature.

7. Nuts, nut oils, avocado are all .... sources of lipids.

9. Oils are.....at room temperature.

11. The energy value of lipids are ..... calories

12. Meat, cheese, milk and eggs are ..... sources of lipids.

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