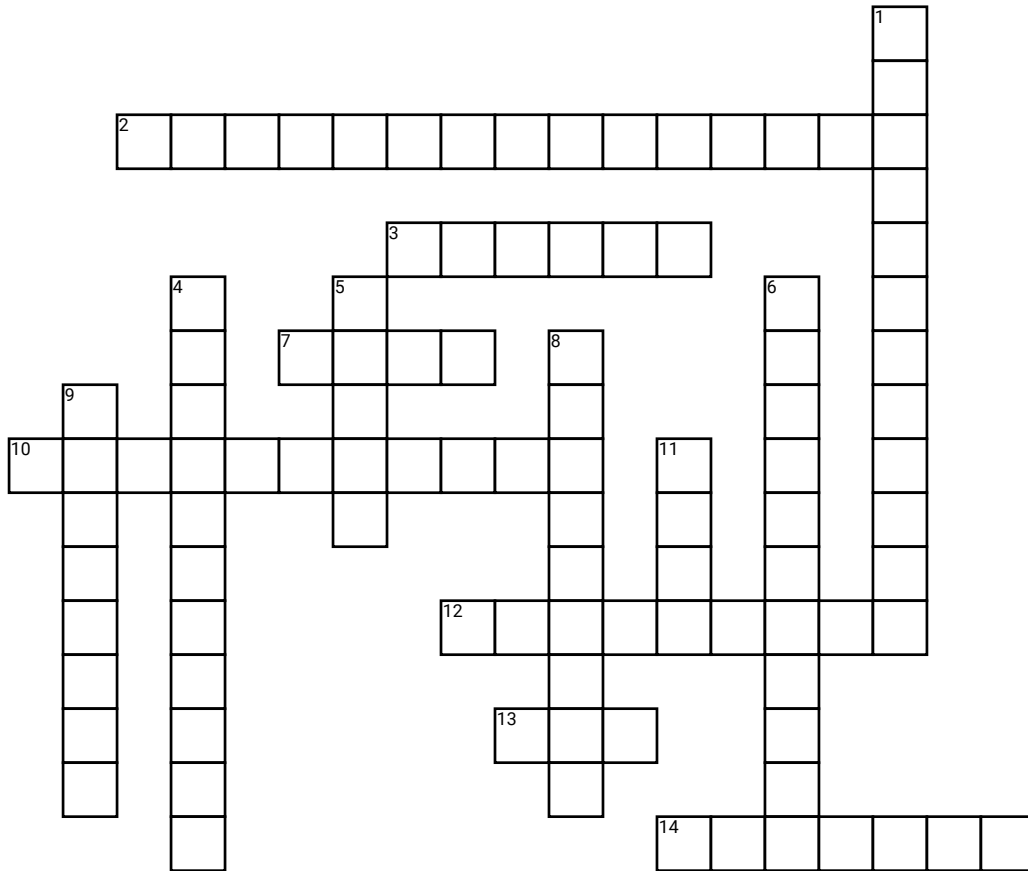


fats



Across

2. unsaturated fat that is missing one hydrogen atom
 3. boosts our ___ system
 7. a natural oily greasy substance found in animal bodies
 10. fat provides a cushion to help protect?

12. what fat comes from animal sources?
 13. LDL is often called ___ cholesterol
 14. fats are not ___ in water or blood

Down

1. worst of all fats
 4. the better fat

5. an example of a saturated fat is
 6. type of fat found in the blood
 8. fatty acids are ___ to good health
 9. fat enables our bodies to process?
 11. contribute to the growth of nails skin and ___

Word Bank

- | | | | |
|--------------|-------------|--------------|-----------------|
| soluble | unsaturated | vitamins | fats |
| cholesterol | immune | bad | monounsaturated |
| hydrogenated | hair | vital organs | essential |
| dairy | saturated | | |