# FATS, OILS and CHOLESTEROL

1. **Define the following**

FAT -

OIL -

CHOLESTEROL -

1. Why does fat keep the body from being hungry?
2. Name the four fat soluble vitamins
3. How do fat soluble vitamins affect the fats consumed by the body?
4. List the functions of fat in the body

1.

2.

3.

4.

1. How many calories per gram are in fats?
2. What is one disease caused by too much excessive fat in the diet?

1. Name the three kinds of fats found

1. What are saturated fats?

Sources include:

1. What are monounsaturated fats?

Sources include:

1. What are poly-unsaturated fats?

Sources include:

1. What is trans fat?
2. Why is Cholesterol is needed, and how does your body get it?
3. Types of cholesterol:
   1. HDL good/bad What it does:

* 1. LDL good/bad What it does:

|  |  |  |  |
| --- | --- | --- | --- |
| TYPE OF FAT | HDL (↑/↓) | LDL (↑/↓) | Sources: |
| Monounsaturated |  |  |  |
| Polyunsaturated |  |  |  |
| Saturated |  |  |  |

1. What does rancid mean? How can it be identified in fats?

1. Why is it important to store fats and oils in tightly covered containers?
2. List the 2 tips for lowering or cutting fat out of your diet