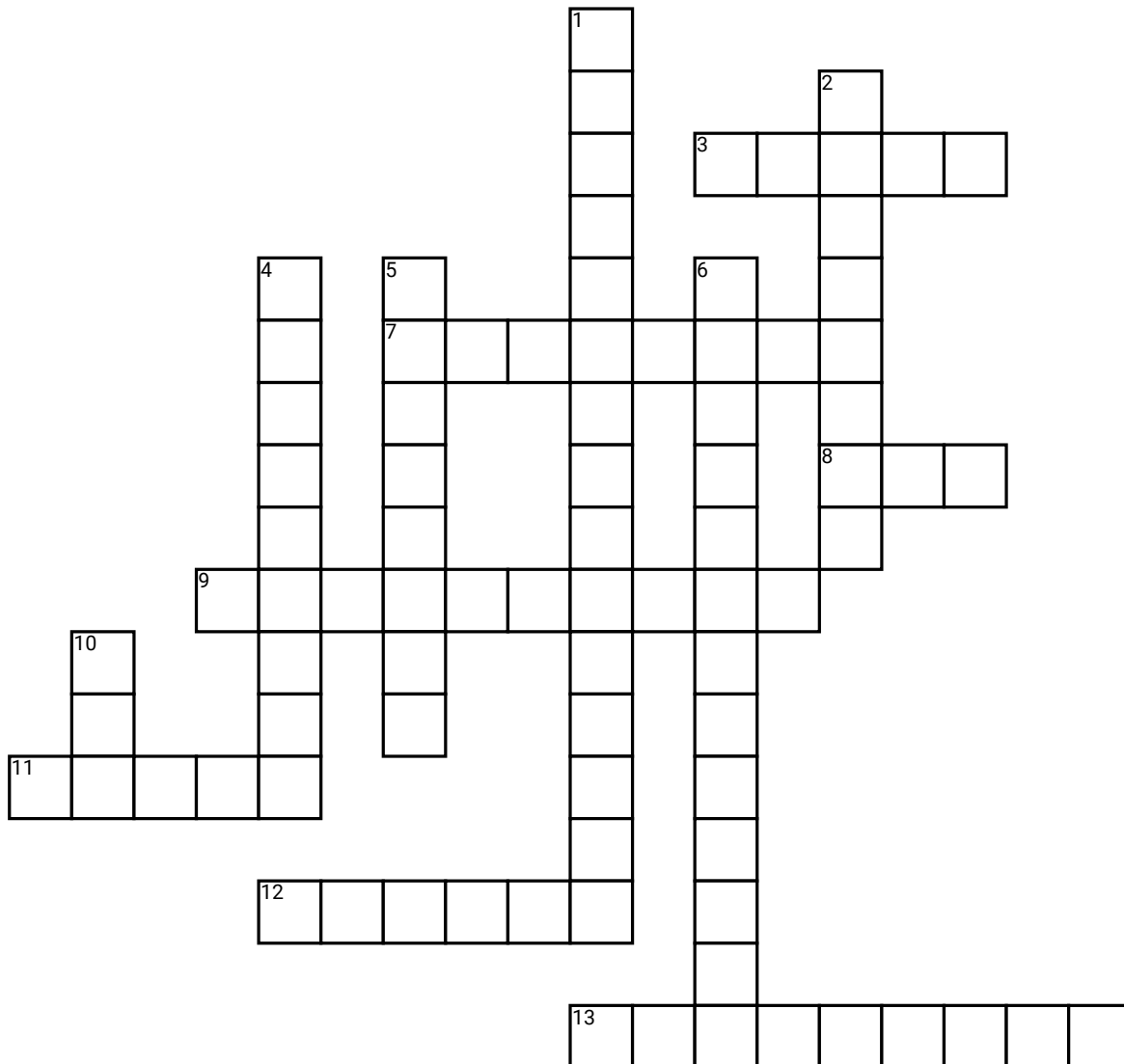


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fats and Oils



## Across

3. What state is a fat in at room temperature?

7. They are used to \_\_\_\_\_ the body.

8. What is a fat call if it is a liquid at room temperature?

9. What is fat that can be seen called?

11. They provide a \_\_\_\_\_ of energy.

12. What is the other name for fats?

13. The fatty acids needed by all are called \_\_\_\_\_ fatty acids.

## Down

1. Avocados, olive oil and nuts are all examples of...

2. what is the single unit called linked to 3 fatty acids (in a fat molecule)?

4. Fats that can't be seen are \_\_\_\_\_ fats.

5. They also provide what?

6. Butter, chocolate and lard are all exapmles of what type of fat?

10. The name of the macronutrient needed by all animals.