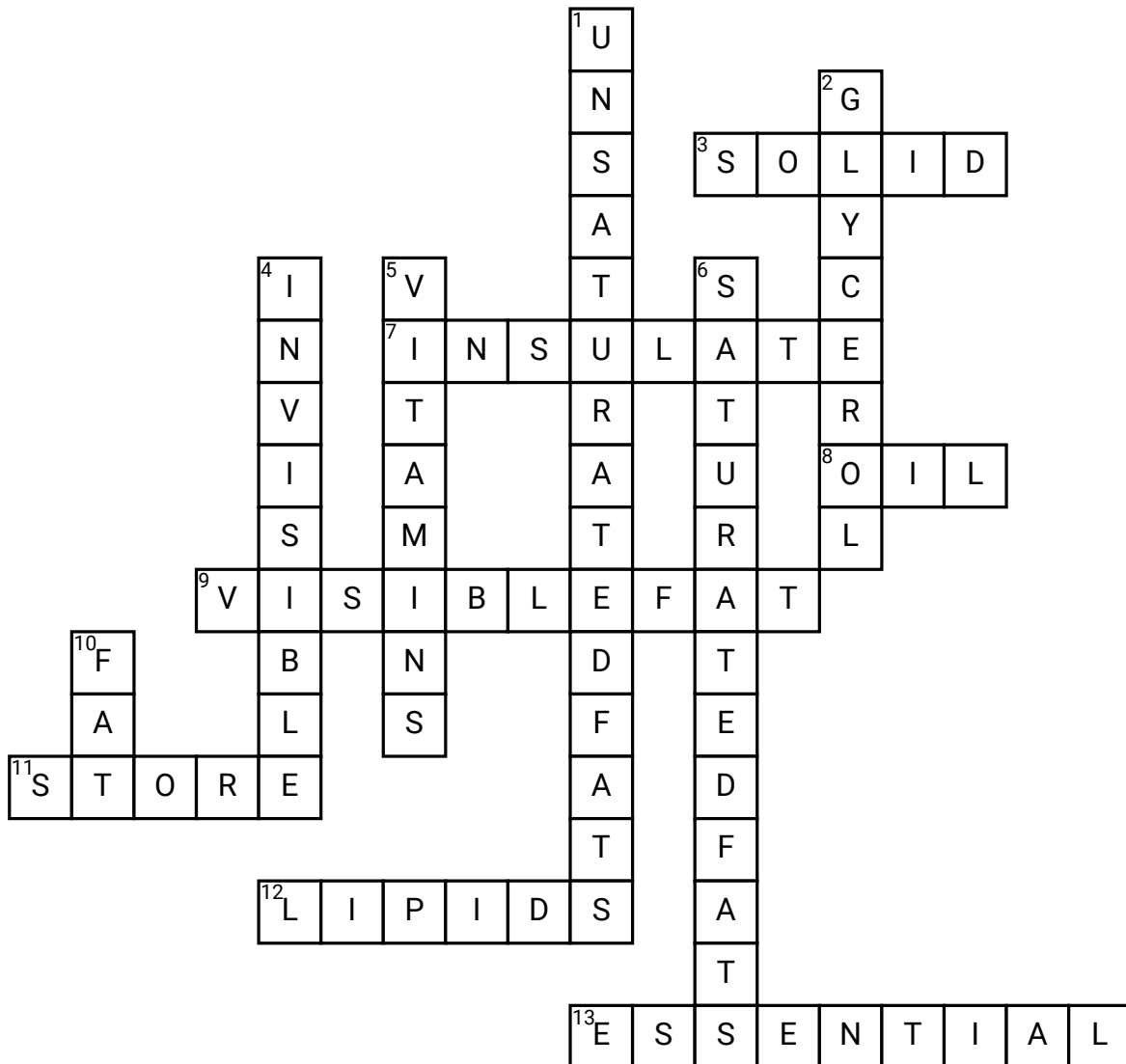


Name: _____

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 called 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 examples of what type of fat?

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