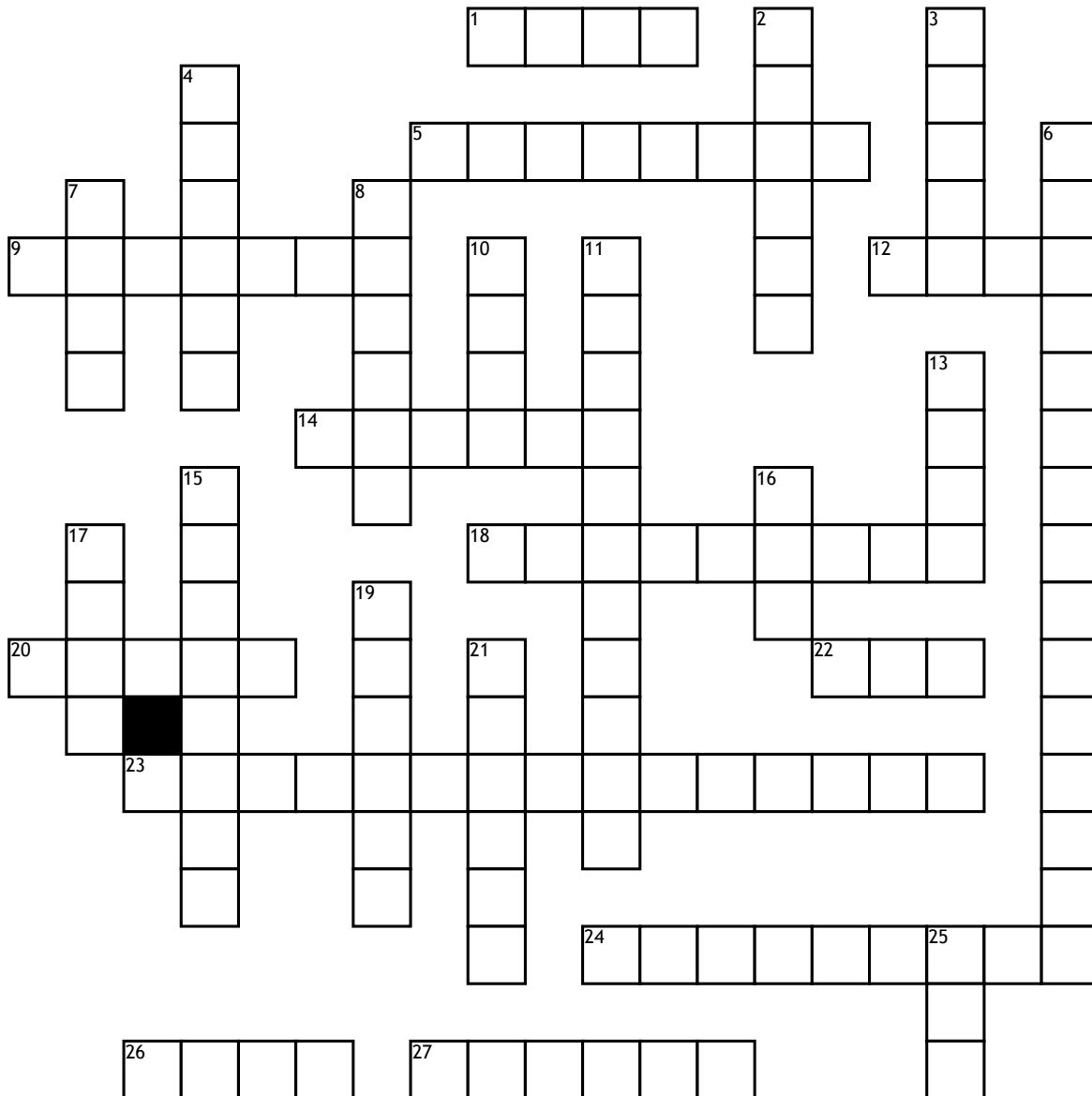


Name: _____

Date: _____

Fats & Lipids



Across

1. Function of fats: Promotes healthy _____
 5. Examples of monounsaturated oil are _____, olives, avocados, peanuts & canola oil
 9. Function of fats: _____ for fat soluble vitamins A, D, E, K
 12. Methods of lowering fat in prepared foods: Choose _____ meats & lower fat dairy products
 14. Saturated fats are _____ sources, tropical oils & shortening
 18. Function of fats: _____ body from shock & temperature change
 20. Polyunsaturated fats _____ both LDL & HDL cholesterol levels in the blood
 22. LDL is the "_____" cholesterol
 23. High levels of LDL cholesterol is one factor related to heart _____ & _____

24. Most _____ fats are solid at room temperature
 26. Fats provide _____ (number) calories per gram
 27. Function of fats: Satisfies _____ and helps you full full longer
Down
 2. Cholesterol is found in _____ tissues, but never present in plants
 3. Saturated fats _____ both the LDL & HDL cholesterol in the blood
 4. Fats are the most concentrated form of _____
 6. _____ fats lower LDL and raise HDL (Yeah!!)
 7. HDL transports excess cholesterol found in the blood stream _____ to the liver
 8. Function of fats: Protects internal _____ from shock & injury

10. LDL takes cholesterol _____ the liver to where it is needed in the body
 11. _____ produces hormones & bile acids
 13. Methods of lowering fat in prepared foods: Replace solid fats with _____
 15. If too much LDL is circulating in the blood stream, it can build up in the _____
 16. Eating too much fat, makes you _____
 17. HDL is the "_____" cholesterol
 19. Function of fats: Adds _____ to foods
 21. Function of fats: Reserve supply of _____
 25. There are _____ (number) kinds of cholesterol