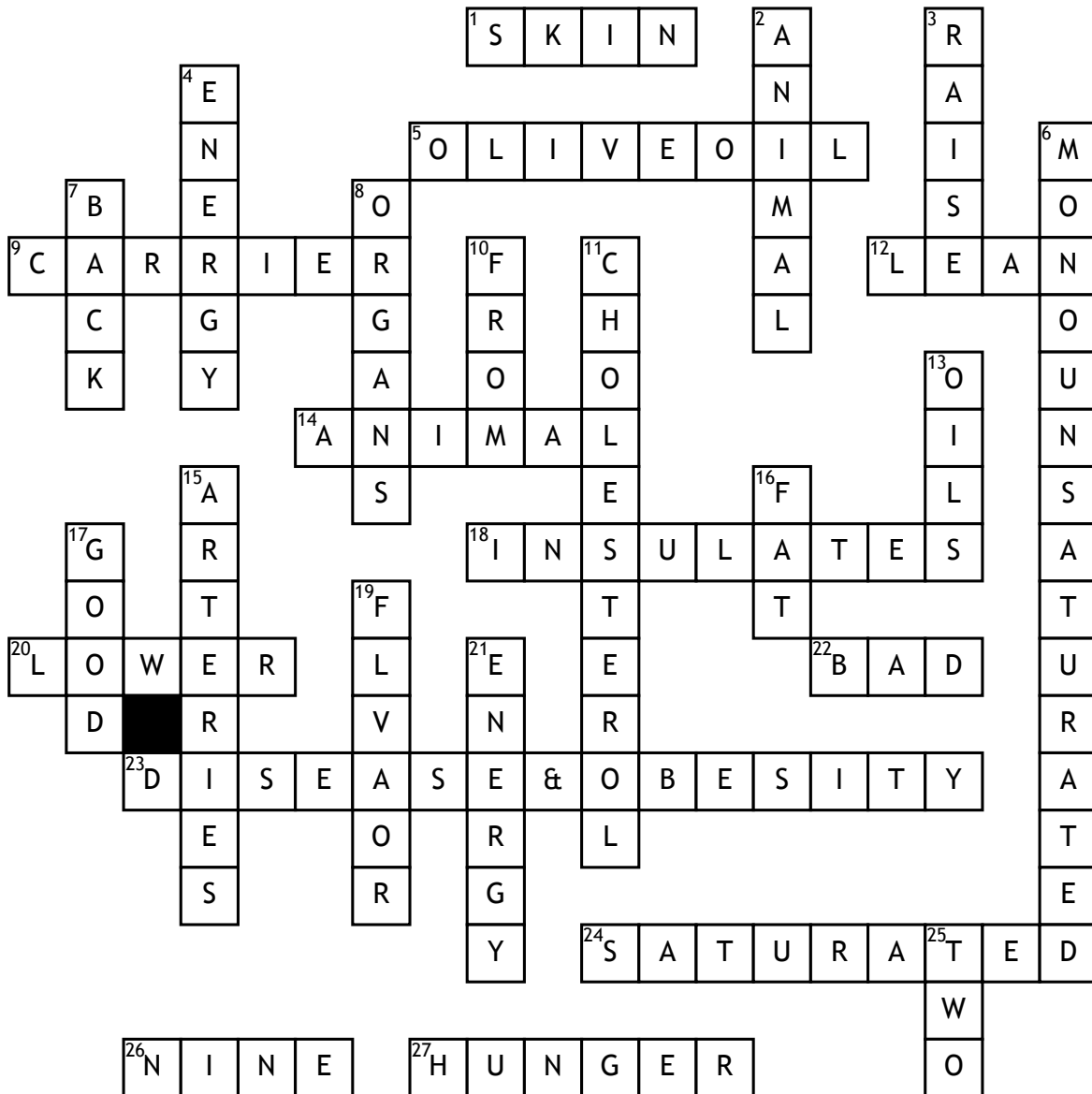


Name: _____

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