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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Fats & Lipids

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|  |  |  |  | 4  E |  |  |  |  |  |  |  |  |  | N |  |  | A |  |  |
|  |  |  |  | N |  |  |  | 5  O | L | I | V | E | O | I | L |  | I |  | 6  M |
|  |  | 7  B |  | E |  |  | 8  O |  |  |  |  |  |  | M |  |  | S |  | O |
|  | 9  C | A | R | R | I | E | R |  | 10  F |  | 11  C |  |  | A |  | 12  L | E | A | N |
|  |  | C |  | G |  |  | G |  | R |  | H |  |  | L |  |  |  |  | O |
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|  |  |  |  |  |  | 14  A | N | I | M | A | L |  |  |  |  |  | I |  | N |
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|  |  | 17  G |  | R |  |  |  |  | 18  I | N | S | U | L | A | T | E | S |  | A |
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|  | 20  L | O | W | E | R |  | L |  | 21  E |  | E |  |  |  | 22  B | A | D |  | U |
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|  |  |  | 23  D | I | S | E | A | S | E | & | O | B | E | S | I | T | Y |  | A |
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| **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 |