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

Fats & Lipids

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|  |  |  |  | 4E |  |  |  |  |  |  |  |  |  |  N |  |  |  A |  |  |
|  |  |  |  |  N |  |  |  | 5O |  L |  I |  V |  E |  O |  I |  L |  |  I |  | 6M |
|  |  | 7B |  |  E |  |  | 8O |  |  |  |  |  |  |  M |  |  |  S |  |  O |
|  | 9C |  A |  R |  R |  I |  E |  R |  | 10F |  | 11C |  |  |  A |  | 12L |  E |  A |  N |
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|  |  |  |  |  |  | 14A |  N |  I |  M |  A |  L |  |  |  |  |  |  I |  |  N |
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|  |  | 17G |  |  R |  |  |  |  | 18I |  N |  S |  U |  L |  A |  T |  E |  S |  |  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 |