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Lipids

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| **Across**  **6.** The main function of lipids is heat and .....  **8.** Mono-unsaturated and polyunsaturated fatty acids are mainly found in .... sources.  **10.** Saturated fatty acids are mainly found in ......... sources.  **13.** The spoliage of lipids is referred to as...  **14.** The chemical structure of a lipid is made of three fatty acids and..... | **Down**  **1.** How many groups are lipids classed into?  **2.** The elements found in lipids are carbon, oxygen and...  **3.** Lipids are ......... in water.  **4.** Salmon, trout, sardines and mackerel are .... sources of lipids  **5.** Fats are.....at room temperature.  **7.** Nuts, nut oils, avocado are all .... sources of lipids.  **9.** Oils are.......at room temperature.  **11.** The energy value of lipids are ...... calories  **12.** Meat, cheese, milk and eggs are ...... sources of lipids. |