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Lipids

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|  |  |  | 5 |  | 6 |  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |
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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. |