Chapter 5: The Lipids

Answer the following questions in complete sentences. Your work needs to be typed.

1. What are the 3 classes of lipids?
2. Where can you find triglycerides?
3. What are triglycerides made of?
4. Why is fat useful for the body?
5. Why is fat useful in foods?
6. Define the following: saturated fatty acids, monounsaturated fatty acid, and polyunsaturated fatty acid.
7. Unsaturated fatty acids are ___________ than saturated fatty acids.
8. Why are phospholipids emulsifiers?
9. Why is sterol important?
10. When low on fuel, the body draws on ___________ for energy. ___________ is necessary for the complete breakdown of fat.
11. How much fat intake does DRI and Dietary Guidelines set for a person?
12. What is a lipoprotein? List the 2 types and their function.
13. What are the differences and similarities between LDL and HDL?
14. What is the best way to lower LDL cholesterol?
15. List and define the 2 essential polyunsaturated fatty acids?
16. What happened to the body when there are deficiencies in essential fatty acids?
17. What food sources provide omega 3 and omega 6 fatty acids?
18. Why is it not a good idea to take fish oil supplements?
19. What is hydrogenation?
20. What types of foods contain trans fatty acids?
21. What are some ways to reduce fat intake when preparing/cooking food?