

Describe two changes that could be made to a recipe to lower the fat content:

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### Saturated Fat

How can intake of saturated fats affect your body?

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Identify four foods that contain saturated fats:

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.....

Where will you find visible fats?

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Where will you find invisible fats?

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What are the problems with a diet that has a high fat intake?

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# Fats

- provide insulation and body warmth
- protects vital organs
- hormone production
- carrier of fat soluble vitamins A, D, E, K
- contains essential fatty acids

### Monosaturated Fat

Identify four foods that contain saturated fats:

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What are the health problems with too much monosaturated fat?

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What is **cholesterol**?

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What is the problem with **LDL cholesterol**?

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Where do we get cholesterol from?

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Explain the difference between fats and oils:

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### Polyunsaturated Fat

Identify two foods that contain saturated fats:

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How does a polyunsaturated fat differ to a monosaturated fat?

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### Omega 6:

Why do we need these in our diet?

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Source? .....

### Omega 3:

Why do we need these in our diet?

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### Omega 6:

Why do we need these in our diet?

.....

### Omega 3:

Why do we need these in our diet?

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RDA/RNI

Women ..... Men .....