

Fats

Article Assignment

Name _____

After reading the article about fats, answer the following questions.

Saturated Fats

1. Found primarily in _____ products
2. _____ at room temperature
3. Eating saturated fats can lead to the following problems:
 - 1.
 - 2.
 - 3.

Unsaturated Fats

4. Found primarily in _____ products
5. _____ at room temperature
6. There are two types of unsaturated fats
 - _____
 - _____
7. What is the major benefit of unsaturated fats?
8. What percentage of our diet should come from fats?
9. What part of that percentage (in #8) should be saturated fats?
10. The article mentions many functions of fats. Name 4.
 - 1.
 - 2.
 - 3.
 - 4.
11. Which type of fat would you consider to be the “good” fat? Which type would be the “bad” fat?