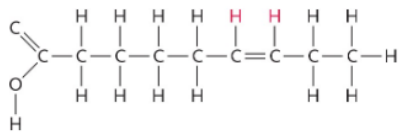


Lipids

Read Chapter 2.6

Fill in the Blanks

1. Lipids consist of many _____ - _____ bonds, which makes them very useful molecules for storing energy.
2. In the brain, fats are essential for learning, _____ and _____.
3. Phospholipids and _____ are fats that make up cell membranes.
4. 60% of the energy for heart contraction comes from _____.
5. Fat is used to make _____ that is a substance in the lungs that helps them to function properly.
6. Fat is required for the absorption of the fat-soluble vitamins ____, ____, ____, and ____.
7. Triglycerides are composed of _____ and three _____.
8. Fat cells are called _____.
9. Groups of fat cells form _____ tissue, also called _____ fat because it is located beneath the skin.
10. The cells that use the most stored fat for energy are the _____ and is why exercise is so useful for maintaining body weight.
11. _____ fats are solid at room temperature and _____ fats are liquid at room temperature.
12. _____ fats have one or more double bonds in the fatty acid chain.
13. Saturated fats generally come from _____ and unsaturated fats generally come from _____.
14. An example of a healthy unsaturated fat is _____ oil.
15. The most unhealthy fat is (cis/ trans) _____ fats.
16. This diagram is showing a (cis/ trans) _____ fat.



17. An example of a trans fat is _____, which is a vegetable oil that has been converted into a semisolid fat by a process called _____.

18. Refined processed oils are (healthy/ unhealthy) _____.
19. Higher consumption of trans fat has been linked with chronic diseases such as heart disease, Alzheimer's, obesity, _____, _____, and _____.
20. The three types of essential fatty acids are _____, _____, and _____.
21. _____ oil is very high in omega 3.
22. Coconut oil has more (saturated/ unsaturated) _____ fatty acids.
23. Olive oil is higher in omega _____, also called _____.
24. An example of a monounsaturated fat is _____ oil.
25. Most cholesterol in our body is made in the _____.
26. Cholesterol is used to make _____ that is important for digesting fat.
27. Cholesterol is also used to make _____ hormones such as estrogen and testosterone.
28. The main type of fat that forms cell membranes is _____.
29. A phospholipid has a polar and nonpolar region and is therefore an _____ molecule.
30. The _____ region of the phospholipid is directed into the center of the cell membrane is _____ (hydrophilic or hydrophobic).