

Name _____

Fat Quiz

Remember to use your cheat sheet for this quiz.

1. Define the following terms:

a. Lipid: _____

b. Essential Fatty Acid: _____

c. Bile: _____

2. What's the difference between a fat and an oil? _____

3. Name two differences between the *structures* of a saturated fat and an unsaturated fat:

a. _____

b. _____

4. What's the difference between a mono-unsaturated fatty acid and a poly-unsaturated fatty acid?

5. Describe the new law involving *trans fat* that went into effect January 1, 2006.

6. Fill out the chart below:

Property	<i>Saturated Fat</i>	<i>CIS-Unsaturated Fat</i>	<i>TRANS-Unsaturated Fat</i>
Straight or bent molecule?			
Solid or Liquid at room temperature?			
Example of a food with a lot of this fat.			

7. Why are Oreos and Girl Scout Cookies changing their recipes?

8. Name two kinds of fats that can clump together and clog up your arteries:

_____ and _____

9. What does the process of *hydrogenation* do to the **structure** of unsaturated fats?

10. What does the process of *hydrogenation* do to the **texture** of foods containing unsaturated fats? (Why do food companies hydrogenate oils for their products?)

11. Name one reason we need to eat fat: _____

12. Which is most healthy out of butter, lard, olive oil, or margarine? _____

Why? _____

13. Using the chart below, sketch and label the first two fatty acids. The third fatty acid is a bonus. (If needed, use the back of this sheet.)

	Common Name	Carbon Atoms	Double Bonds	Scientific Name	Source
Part A	Stearic Acid	18	0	Octadecanoic Acid	Animal Fats
Part B	Trans-Gadoleic Acid	20	1	Trans-9-Eicosenoic Acid	Fish Oil
BONUS	Cis-DHA	22	6	Cis-4,7,10,13,16,19- Docosahexaenoic Acid	Fish Oil