Fats Quiz

1. Why is fat an important part of our diet?
   a. Because it tastes good
   b. Because it carries so much energy
   c. Because it contains nutrients you can't get from anything else
   d. Because it contains oxygen atoms

2. What do carbohydrates and fats have in common?
   a. They're both sources of glucose
   b. They're both sources of protein
   c. They're both sources of fatty acids
   d. They're both sources of glycerol

3. What might happen if you didn't get enough fatty acids in your diet?
   a. Your brain wouldn't have enough energy
   b. Your muscles wouldn't have enough energy
   c. Your kidneys and liver might not function properly
   d. Your bones might become brittle

4. A sedentary lifestyle can cause glucose to turn into body fat. What is the best synonym for "sedentary"?
   a. Healthy
   b. Hyperactive
   c. Sleep-deprived
   d. Inactive

5. Which of the following items might be high in saturated fat?
   a. 
   b. 
   c. 
   d. 

6. Why is saturated fat found in so many animal products?
   a. Because it's part of the cell membranes of animal tissues
   b. Because animals must eat saturated fat in order to survive
   c. Because proteins are broken down into saturated fat when animals die
   d. Because saturated fat is a key component of animal bones

7. If you eat too much saturated fat, cholesterol might build up:
   a. In your brain
   b. In your liver
   c. In your veins and arteries
   d. In your bones

8. What is a key difference between saturated and unsaturated fats?
   a. Saturated fats are usually liquid at room temperature; unsaturated fats are usually solid
   b. Saturated fats stay solid at room temperature; unsaturated fats are usually liquid
   c. Saturated fats can be found in vegetable oils; unsaturated fats can be found in animal products
   d. Saturated fats are healthier than unsaturated fats

9. A product that contains lots of hydrogenated oils is probably rich in:
   a. Saturated fat
   b. Unsaturated fat
   c. Monosaturated fat
   d. Trans fat

10. Why shouldn't you worry about getting enough fat in your diet?
    a. Because all fat is bad for you
    b. Because it's found in so many foods
    c. Because you don't need any fat at all in your diet
    d. Because you can take it as a vitamin if you don't eat it