### 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. [Image of a bottle of milk]
   - b. [Image of a loaf of bread]
   - c. [Image of a ice cream cone]
   - d. [Image of broccoli]

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