

Chapter 5 Fat

- 1.) **All fats are unhealthy for you:**
 - True
 - False

- 2.) **Oil, lard, hydrogenated shortening, butter, margarine bacon and salad dressings are the most concentrated sources of fat:**
 - True
 - False

- 3.) **Sources of “invisible fat” include:**
 - Butter, Lard, Motor Oil
 - Meats, Poultry, Fish, Eggs and Baked Products
 - Water, Soft Drinks, Cotton Candy

- 4.) **Fats also are known as:**
 - Lipids
 - Linoleum
 - Loopholes

- 5.) **In your body, fat digests:**
 - Slowly
 - The same as all other nutrients
 - Quickly

- 6.) **The body can only do one of two things with fats:**
 - It either stores fat or converts fat to energy
 - It either converts fat into muscle or stores fat in the sweat glands
 - It either stores fat or converts fat to protein

- 7.) **The two dominant forms of fat in the body are known as:**
 - Cellulite and Love Handles
 - Cis and Trans
 - Sweat and Cholesterol

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8.) **A prime place for your body to store fat is:**

- The Liver
- The Kidneys
- The Stomach

9.) **Lipotropic literally means:**

- "To create the sweat"
- "To move the fat"
- "To build lean mass"

10.) **A steady increase of fatty substances in the blood has been shown to:**

- Increase cardiovascular disease
- Increase protein synthesis
- Increase joint stiffness

Notes:
