

Quiz 5 **Fats**

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

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