Chapter 5 Fat Based on information found in Chapter 5 of the Reference Manual

salad

1.)	All fats are unhealthy for you: True False
2.)	 Oil, lard, hydrogenated shortening, butter, margarine bacon and 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

Chapter 5 Fat

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:



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