

# Chapter 5 Fat

Based on information found in Chapter 5 of the Reference Manual

- 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

