

## Fats Interactive Worksheet

**Directions:** Please match the term with the correct definition

<u>Key Term</u>	<u>Definition</u>
White Fat	Hydrogen is added to them
Very Low-Density Lipoproteins	Solid at room temperature
Unsaturated Fats	A fat molecule not saturated with hydrogen
Triglycerides	Commonly named for fats and oils
Trans Fats	Also called fatty acids or lipids
Saturated Fats	A waxy substance found in your blood
Polyunsaturated Fats	The most common fat in the body
Monounsaturated Fats	Contains high amounts of mitochondria
Low-Density Lipoproteins	Considered the good cholesterol
Lipids	Considered the bad cholesterol
High-Density Lipoproteins	Contains the highest amount of triglycerides
Fats	Good source of fat. Found in fish
Cholesterol	Stores energy in big, oily droplets
Brown Fat	Liquid at room temperature