

Listen to a podcast about brown fat and complete the following summary. Write NO MORE THAN THREE WORDS taken from the recording for each question.

It is normal for people to shake their body when being cold. However, just before this reaction, your body begins to **16.**_____. Unlike the common type we think of, there are actually two categories of fat.

White fat is present across the body, **17.**_____ and organs, and serves as the primary energy source used daily. In contrast, brown fat is packed with **18.**_____, giving it its darker appearance, and can burn energy independently of the rest of the body.

Brown fat is concentrated in a few **19.**_____ such as the neck, shoulders, spine, and belly. The brown fat around the neck vessels heats up the blood, goes to the brain and **20.**_____ in the shoulders. Babies cannot **21.**_____, so they rely heavily on their brown fat, which may account for up to 2-5% of body weight. Although brown fat peaks in the **22.**_____, it diminishes with age, explaining why children seem to run hot while older adults feel cold.

Interestingly, exposure to cold can increase the volume of brown fat, while warmer conditions reduce it. Scientists have also linked higher levels of brown fat to a(n) **23.**_____ of diabetes and heart disease. Yet studying it through cold exposure is difficult since it is hard to dose cold in a(n) **24.**_____ way. As an alternative, researchers use medication such as mirabigran approved to treat **25.**_____ to activate brown fat, which works similarly to cold exposure.