Why do we need fats in our diet?

Fats protect our blood.

Fats protect our bodies from loosing the heat.

All products are high in fat.

FATS HELP TO MAINTAIN PROPER TEMPERATURE OF OUR BODIES.

Fats reduce our bodies tempereatre.

Fats produce energy when there's lack of energy from carbohydrates.

Some vitamines need fats to be absorbed by the body.

Fats are like a cushion to the liver or stomach.

They make you feel fuller for a long time.

All vitamines need fats to be absorbed in the body.

We don't need fats in our diet.

LIVEWORKSHEETS