

Name:

Year and Section:

_____ 1. Which type of fat is usually solid at room temperature and commonly found in animal products?

- A. Unsaturated fat
- B. Saturated fat
- C. Trans fat
- D. Liquid fat

_____ 2. Which of the following foods is a good source of unsaturated fat?

- A. Butter
- B. Coconut oil
- C. Olive oil
- D. Lard

_____ 3. True or False:

Unsaturated fats are generally considered healthier for the heart than saturated fats.

_____ 4. Which of the following foods contains mostly saturated fat?

- A. Avocado
- B. Lard
- C. Almonds
- D. Sunflower oil

_____ 5. Fill in the blank:

Oils from plants, such as olive oil and sunflower oil, usually contain _____ fats.

- A. Saturated
- B. Unsaturated
- C. Trans
- D. Artificial