

Heart of the Matter

Activity D

Chapter 6

Name _____

Date _____ Period _____

For each row in the puzzle, write in the correct term from the chapter. Use the numbered clues to help you.

1. A substance, such as a phospholipid, that can mix with water and fat.
2. The death of heart tissue caused by blockage of an artery carrying nutrients and oxygen to that tissue.
3. A fatty acid that forms when oils are partially hydrogenated.
4. A(n) _____ fatty acid has only one double bond between carbon atoms in a carbon atom chain.
5. The body stores lipids in _____ tissue.
6. A fat that has spoiled, giving it an unpleasant smell and taste.
7. Lipids with a phosphorus-containing compound in their chemical structure. They can combine with both fat and water to form emulsions.
8. _____ disease is the name for disease of the heart and blood vessels.
9. A phospholipid made by the liver and found in many foods.
10. _____-3 fatty acids are a type of polyunsaturated fatty acids found in fish oils. They have been shown to have a positive effect on heart health.
11. The body cannot make this type of fatty acid, but it is needed for normal growth and development, so it must be supplied by the diet.
12. A(n) _____ fatty acid has at least one double bond between two carbon atoms in each molecule and, therefore, is missing at least two hydrogen atoms.
13. Fat droplets that are coated by proteins so they can be transported in the bloodstream.
14. A(n) _____ fatty acid has no double bonds in its chemical structure and, therefore, carries a full load of hydrogen atoms.
15. An organic compound that is made up of a chain of carbon atoms to which hydrogen atoms are attached. It has an acid group at one end.
16. A white, waxy lipid made by the body that is part of every cell. It is also found in foods of animal origin.
17. A group of compounds that includes triglycerides, phospholipids, and sterols.
18. A(n) _____ lipoprotein picks up cholesterol from around the body and transfers it to other lipoproteins for transport back to the liver for removal from the body.
19. A(n) _____ fatty acid that has two or more double bonds between carbon atoms in a carbon atom chain.
20. The process of breaking the double carbon bonds in unsaturated fatty acids and adding hydrogen to make the fatty acid more saturated.
21. A(n) _____-density lipoprotein carries triglycerides and cholesterol made by the liver through the bloodstream to the body.
22. The major type of fat found in foods and in the body. It consists of three fatty acids attached to a glycerol molecule.
23. Abnormally high blood pressure; an excess force on the walls of the arteries as blood is pumped from the heart.
24. A condition of hardened and narrowed arteries caused by plaque deposits.
25. A medical test that measures the amounts of cholesterol, triglycerides, HDL, and LDL in the blood is a(n) _____ profile.
26. A buildup of fatty compounds made up largely of cholesterol that form on the inside walls of arteries.
27. The death of brain tissue caused by blockage of an artery carrying nutrients and oxygen to that tissue.
28. A cluster of triglycerides that is thinly coated with cholesterol, phospholipids, and proteins. It is absorbed into the lymphatic system and eventually moved into the bloodstream.
29. An ingredient used in food products to replace some or all the fat typically found in those products.

(Continued)

1. F
 2. A
 3. T
 4. S
 5. :
 6. A
 7. C
 8. O
 9. N
 10. C
 11. E
 12. N
 13. T
 14. R
 15. A
 16. T
 17. E
 18. D
 19. E
 20. N
 21. E
 22. R
 23. G
 24. Y
 25. S
 26. O
 27. U
 28. R
 29. C
 E