

# Backtrack

## Through Chapter 6

Activity F

Chapter 6

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

Provide complete answers to the following questions and statements about fats.

### Recall the Facts

1. What is the composition of triglycerides? \_\_\_\_\_  
\_\_\_\_\_
2. Which fats tend to be higher in saturated fatty acids—those from animals or those from plants?
3. What are the two main reasons for hydrogenating oils? \_\_\_\_\_  
\_\_\_\_\_
4. Why is lecithin important in the making of homemade mayonnaise? \_\_\_\_\_  
\_\_\_\_\_
5. Why are lecithin and cholesterol not essential in the diet? \_\_\_\_\_  
\_\_\_\_\_
6. Give three examples of sterols. \_\_\_\_\_
7. How do lipids reach body tissues? \_\_\_\_\_  
\_\_\_\_\_
8. What is the leading cause of death in the United States? \_\_\_\_\_
9. Why do young females tend to have less risk for heart disease than young males? \_\_\_\_\_  
\_\_\_\_\_
10. List seven controllable factors that affect heart health. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Name four ways exercise can have a positive effect on heart health. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. What is the relationship between fat in the diet and risk for cancer? \_\_\_\_\_  
\_\_\_\_\_

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### Interpret Implications

- 13. Why is the word *lipid* considered broader than the word *fat*? \_\_\_\_\_  
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\_\_\_\_\_
- 14. Explain the difference between LDL and HDL. \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
- 15. Explain how plaque buildup in the arteries causes high blood pressure. \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
- 16. Explain why some cholesterol is termed "good" and some is termed "bad." \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
- 17. An article reported that native Alaskans who consumed a lot of fish oil had a low rate of CHD. Would it then be wise to conclude taking fish oil pills would reduce the risk of heart attack? Why?  
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### Apply & Practice

- 18. What was the most startling fact you learned about fats from reading the chapter? How will you use this information to help you eat more healthfully? \_\_\_\_\_  
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\_\_\_\_\_

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