

Nutrition Study Guide
Chapter Five
Lipids

- 1 What are the sources of fat? What is the difference between fat and oil?
- 2 What are the benefits of dietary fats?
- 3 What are the three primary types of lipids? Structure? Functions?
- 4 What is the difference between a saturated and unsaturated fat? Sources? Relative health benefits?
- 5 What are essential fatty acids? Two types?
- 6 What are the health benefits of omega 3 fatty acids?
- 7 What are the dangers of omega 6 fatty acids?
- 8 What are trans-fats? Why are they used? Dangers?
- 9 How are trans-fatty acids made? Why?
- 10 Rank dietary fats from least healthy to healthiest:
- 11 What is a phospholipid? How are they used in your physiology?
- 12 What is cholesterol? How is it used in your physiology?
- 13 What is the difference between hydrophobic and hydrophilic?
- 14 What is the function of these lipoproteins: micelles, chylomicrons, VLDL, LDL, and HDL.
- 15 What is the function of bile acids and bile pigments?
- 16 What is lecithin?
- 17 What is atherosclerosis? What is arteriosclerosis? What is the role of LDL in this process?
- 18 How is fat metabolized to make energy?
- 19 What are adipocytes? Location? Ability to store lipids?