

Name: _____ Period: _____ Date: _____ Score: _____/12 pts

T12 Energy Nutrient- Lipids- Test

1. Email address *

2. What is the chemical process that causes unsaturated fats to spoil? *

Mark only one oval.

- ☐ Digestion.
☐ Oxidation
☐ Absorption.
☐ Hydrogenation.

3. The process that alters the physical properties of fats and makes them stay fresh longer is called *

Mark only one oval.

- ☐ digestion.
☐ evaporation.
☐ absorption.
☐ hydrogenation.

4. Butter, lard, and meat are sources of which type of fat? *

Mark only one oval.

- ☐ Saturated fats
☐ Cholesterol
☐ Monounsaturated
☐ Polyunsaturated

5. Where in the body is cholesterol made? *

Mark only one oval.

- ☐ Heart
☐ Liver
☐ Pancrease
☐ Kidneys

6. Sunflower, soybean, and fish oils are sources of which type of fat? *

Mark only one oval.

- ☐ Saturated
- ☐ Cholesterol
- ☐ Monounsaturated
- ☐ Polyunsaturated

Answer Key

- 1. NA
- 2. B
- 3. D
- 4. A
- 5. B
- 6. D