

## **Are low fat and fat free foods really healthier?**

### **What functions do fats service?**

For this assignment each student is individually to create a presentation outlining the following:

1. Define what a fat is. (1 slide)
2. Name four (4) types of fats found in foods. (1 slide).
3. Where are most fats found? (1 slide)
4. Name three (3) reasons why our bodies need fat. (1 slide)
5. What is the definition of an essential fatty acid?
6. What are the 2 essential fatty acids our body needs? (1 slide)
7. What is cholesterol? (1 slide)
8. What is a saturated fatty acid? Give an example. (1 slide)
9. What is a polyunsaturated fatty acid? Give an example. (1 slide)
10. What is a monounsaturated fatty acid? Give an example. (1 slide)
11. What is hydrogenation? Given an example. (1 slide)
12. What is BMI? Why does BMI help determine? (1 slide)
13. Provide three (3) strategies one can implement to reduce the amount of fat in their diet. (1 slide)

***As with all projects make sure to include background images that are relevant to the topic and a picture that is relevant to the specific slide to ensure full credit. GOOD LUCK!!!***

<https://www.medicalnewstoday.com/articles/141442.php>

<https://www.skillsyouneed.com/ps/fat.html>

<https://www.visionlearning.com/en/library/Biology/2/Fats-and-Proteins/62>