

### Freaky Fats

Fill in the blank spaces with the appropriate terms to complete the sentences. Solve the hidden message by entering the boxed letters in the spaces at the bottom of the page.

1.    \_ \_ \_ \_ \_    \_  \_ \_ \_ \_  
are long chains of carbon and hydrogen atoms that combine with glycerol molecules to form a lipid.
2.     \_ \_ \_  
extracted from olives, canola, and corn are plant lipids and are liquid at room temperature.
3.    \_ \_  \_ \_ \_ \_ \_  
is a phospholipid emulsifier found in eggs and soybean oil.
4.    \_ \_ \_ \_ \_    \_  \_ \_ \_  
are found between the fatty acids and the glycerol molecules in triacylglycerols.
5.    \_ \_ \_ \_ \_     \_ \_ \_  
is a crystalline form of a solid fat.
6.    \_ \_  \_ \_ \_ \_ \_  
are used to prevent the cocoa butter from separating out of chocolate bars.
7.    \_ \_ \_ \_ \_    \_  \_ \_ \_ \_ \_  
fatty acids have multiple double bonds.
8.    \_ \_ \_ \_ \_     \_  
molecules form the backbone of attachment for fatty acid molecules.
9.    \_ \_  \_ \_ \_  
fat is saturated because it contains all single bonds and is solid at room temperature.
10.   \_ \_ \_ \_ \_     \_  
oils like corn and soybean are important food sources of polyunsaturated fatty acids in our food supply.

#### HIDDEN MESSAGE:

In the United States, this once popular oil is no longer used by the food industry as an ingredient because it was reported to increase blood cholesterol level. It was used primarily in cookies, cakes, and snack foods.

## **Solution for Freaky Fats**

1. FATTY ACIDS
2. OILS
3. LECITHIN
4. ESTER BONDS
5. SHORTENING
6. EMULSIFIERS
7. POLYUNSATURATED
8. GLYCEROL
9. ANIMAL
10. VEGETABLE

HIDDEN MESSAGE: COCONUT OIL