Student Name:

Period:

**Fat and Cholesterol Quiz**

Types of fat:

1. Fill out the following chart about the types of fats listed.

|  |  |  |
| --- | --- | --- |
| Type of Fat: Define below | Food Source Example 1 | Food Source Example 2 |
| Saturated Fat- |  |  |
| Monounsaturated Fat- |  |  |
| Polyunsaturated Fat- |  |  |
| Trans Fat- |  |  |

Fat Calculations

1. Formula:

\*Take grams of fat and multiply by 9 calories

\*Divide by total calories

\*Multiply by 100

Mini Oreo Cookies

Calories-170

Total fat-7 grams

Serving Size- 1 package %

Cholesterol:

True or false

1. It is good to have high HDL cholesterol
2. It is bad to have high LDL cholesterol
3. Identify 3 foods that are high in cholesterol.

Diabetes:

1. What is the difference between type 1 and type 2 diabetes?
2. Identify 2 factors that influence if someone gets type 2 diabetes?
3. List 3 symptoms of diabetes.
4. True of false. Type 2 diabetes is preventable.