

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

2. 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

3. It is good to have high HDL cholesterol _____
4. It is bad to have high LDL cholesterol _____
5. Identify 3 foods that are high in cholesterol.

Diabetes:

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