
TT2 Macronutrients: *Fats*

1. Identify **three** sources of unsaturated fats: (1 mark)
- | | |
|---------------------------------|---------------------------------------|
| <input type="checkbox"/> Lard | <input type="checkbox"/> Beef |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Rapeseed oil |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Walnuts |

2. Give **two** examples of visible and two examples of non-visible fats of animal origin. (4 marks)
- Visible fats:

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Non-visible fats:

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3. Describe the difference in chemical structure of saturated and unsaturated fats. (2 marks)

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4. Identify how much energy (as a percentage) should be provided from fats in a balanced diet. (1 mark)

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5. i) Describe **two** functions of fats in the human body. (4 marks)
- Function 1:

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Function 2:

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- ii) Suggest **two** health effects of fat deficiency. (2 marks)

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6. i) Complete the sentence: (1 mark)

Hydrogenation is the process of adding hydrogen to unsaturated fats to change their texture from
..... *to* *at room temperature.*

ii) Name what kind of a harmful fat can be produced as a result of hydrogenation. (1 mark)

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iii) Name one product which is produced by the process of hydrogenation. (1 mark)

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7. Name **two** different types of cholesterol found in human blood and state how each of them affects the risk of cardiovascular disease. (4 marks)

1.

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2.

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8. Consider how excessive intake of fats can affect the health of a population. (4 marks)

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Total marks _____ /25