

Lipids Review

Use the textbook, notetakers, and presentations found on www.lamoehr.com to review the following:

Terms

- lipid
- glyceride
- fatty acid
- carboxyl group
- monoglyceride
- diglyceride
- triglyceride
- nonpolar
- phospholipid
- sterol
- saturated
- unsaturated
- monounsaturated
- polyunsaturated
- fat
- oil
- melting point
- hydrogenation
- marbling
- solidification point
- auto-oxidation
- rancidity
- antioxidant
- smoke point
- flash point
- adipose tissue
- essential fatty acid
- omega-3 fatty acid
- plaque
- atherosclerosis
- lipoprotein

Match the fat source to the type of fat it provides in the diet.

- A. monounsaturated fat
- B. polyunsaturated fat
- C. saturated fat

- ___ 1. Butter.
- ___ 2. Canola oil.
- ___ 3. Safflower oil.
- ___ 4. Coconut oil.
- ___ 5. Margarine.
- ___ 6. Olive oil.
- ___ 7. Sunflower oil.
- ___ 8. Corn oil.

- 9. What do carboxyl groups relate to lipids?
- 10. Name two essential fatty acids.
- 11. What type of fats are typically liquid at room temperature?
- 12. Describe the functions of lipids in food preparation and give examples of each.
- 13. Describe the functions of lipids in our body functions.
- 14. How does fat compare to water as a heat medium?
- 15. What is marbling and how does it related to fat?
- 16. Name sources of unsaturated (both poly & mono) fats, saturated fats, trans fats, and cholesterol.
- 17. What can be used to reduce rancidity of fat products?
- 18. What is hydrogenation and how does it relate to fat?
- 19. What is the maximum % of calories that should come from fat in our diet?
- 20. Why does the smoke point vary in fats vary?
- 21. Explain why fat free diets should be avoided.
- 22. Explain why lipids solidify across a temperature range.

