

Name \_\_\_\_\_

## The Fantastic World of Fats: Unveiling the Truth Behind the Nutrient

### Multiple Choice Questions

1. What are fats?
  - a) Essential for cell structure and function
  - b) Organic molecules made of carbon, hydrogen, and oxygen
  - c) Provide the most concentrated source of energy
  - d) All of the above
  
2. Which type of fat can raise cholesterol levels and increase the risk of heart disease?
  - a) Saturated fats
  - b) Unsaturated fats
  - c) Trans fats
  - d) Omega-3 fatty acids
  
3. What is one role of fats in the body?
  - a) Provide energy
  - b) Absorb fat-soluble vitamins
  - c) Support brain health
  - d) All of the above
  
4. Which foods contain healthy fats?
  - a) Butter and red meat
  - b) Nuts, seeds, and avocados
  - c) Processed foods
  - d) None of the above
  
5. Why is it important to understand fats?
  - a) To make informed dietary choices
  - b) To avoid all fats
  - c) To only eat saturated fats
  - d) None of the above

