**Name** _____

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

**Short Answer**

1. What are the main components of fats?

2. Name one role of fats in cell structure and function.

3. Give an example of a food rich in unsaturated fats.

4. Why are fat-soluble vitamins important?

5. How can understanding fats help us make healthier choices?

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