

Name \_\_\_\_\_

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

### Short Answer Key

1. Fats are made up of carbon, hydrogen, and oxygen atoms.
2. Fats make up the outer layer of cell membranes.
3. Avocado is a food rich in unsaturated fats.
4. Fat-soluble vitamins are essential for various bodily functions and require fats for absorption.
5. Understanding fats can help us include healthy fats in our diets and limit unhealthy fats.

