

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Fats are broken down into fatty acids and glycerol, which can be used as fuel for energy production.
2. Processed foods, fried foods, and baked goods often contain unhealthy fats.
3. Omega-3 fatty acids are important for brain health and development.
4. Eating fats in moderation helps maintain a balanced diet and reduces the risk of heart disease.

