

Lipids Worksheet Word Bank

Function of Fats: Carries Vitamins A, D, E, & K. Reserve Supply of energy. Adds flavor. Insulates and Protects our bodies. Satisfies Hunger. Promotes Healthy Skin.

Liver	Lower	Raise	Obesity	Meat
Cholesterol	Oils	Bad	Olive	Dairy
Solid	Raise	9	Calories	Lean
Hormones	Good	High Density Lipoprotein	Low Density Lipoprotein	Butter
Lower	Corn	Oils	Essential	Solid