

Name: _____

Date: _____

Fats And Protein Review

FATS

1. How many kcal/g will a gram of pure fat yield? _____ kcal

2. Besides needing fat for energy, insulation, hormone production and providing cells with fat to make certain fatty structures, fat is also a source for fat-soluble vitamins. Name the four fat-soluble vitamins our bodies require.

3. Complete the table below;

Type of Fat	Source	GOOD or BAD
Monounsaturated		
Saturated		
Essential Fatty Acids (ex Omega 3)		
Polyunsaturated		

4. What percent of your daily fat intake should be ^{MAXIMUM} saturated fats? _____ %

5. When an unsaturated fat is hydrogenated what happens to some of the double bonds between the carbons? _____

6. What effect does hydrogenation of an unsaturated fat have on the melting point of that given fat? _____

7. No more than what percent of your daily calories should come from fats? _____ %

8. When plants make unsaturated fats the fatty acid chain heading toward the double bond and the fatty acid tail on the other side are on the same side of the double bond. This arrangement is called a CIS fat, what is a trans fat and explain how they can form?

9. What happens to the melting point of a fat when it is converted from a CIS-fat to a TRANS-fat

10. Give the proper name and function of each type of cholesterol

a) HDL : _____

b) LDL : _____

PROTEINS

11. Under rare circumstances, protein can be used for energy; how many kcal/gram will a pure gram of protein yield? _____ kcal

12. What are the basic building blocks of a protein called? _____

13. Most recently, scientists agree that there are _____ different amino acids.
* (Use notes rather than handout for most recent info)

14. Many of these amino acids can be made (synthesized) by our bodies if we provide our body with other types of amino acids from our diets. What do we call these two categories of amino acids?

A) Ones we need from our diet: _____

B) Ones we can make on our own: _____

15. Approximately what percent of our daily calories should come from proteins? _____%

16. Athletes with LOW pre-exercise glycogen levels are prone to what problem?

17. List at least four health problems associated with over consumption of proteins or amino acid supplements.

a) _____

b) _____

c) _____

d) _____

18. Is it possible for a vegetarian to obtain all their essential amino acids? _____

19. What name is given to foods that contain all the essential amino acids in that given food? _____