

- Lipids are a group of chemicals that have fatty acids as the building blocks. This means that, after lipids are digested, it is fatty acids that are absorbed into the blood.
- The lipid group includes fats, oils, waxes, steroids (e.g. cholesterol- a blood lipid), fat-soluble vitamins (A,D,E and K).
- Fats are usually solid at room temperature and most come from animals. Oils are usually liquid at room temperature and most come from plants.
- Types of fatty acids- Saturated, Monounsaturated, Polyunsaturated (Omega-3, Omega-6) Trans fats. On food packaging e.g. canned fish, all of these fats could be listed under 'Nutrition Information'.
- Fats are not all bad. They have a number of vital uses, with the main use being to give us lots of energy. All fats give us energy, measured in Joules. Fat that is not used for energy is stored under the skin.

Clue	Words
This is the main part of all lipids	_____
The lipids that are solid at room temperature	_____
The fat-soluble vitamins	_____
The lipids that come mainly from plants	_____
Excess fat is stored under this	_____
This is measured in joules or kilojoules	_____



1. Some of these are soluble in lipids
6. Name given to fats and oils
7. Name of a fatty acid also used to mean 'wet through'
10. Too much of this blood lipid can damage the heart
12. Describes meat with very little fat
14. Most oils come from these

2. Fats are in this form at room temperature
3. Liquid lipid
4. Solid lipid
5. Animal foods with visible fat, especially pork
8. The main use for lipids in the body
9. The unit for measuring energy
11. These fatty acids end with a 3 or a 6
13. A group of plant foods high in oil

