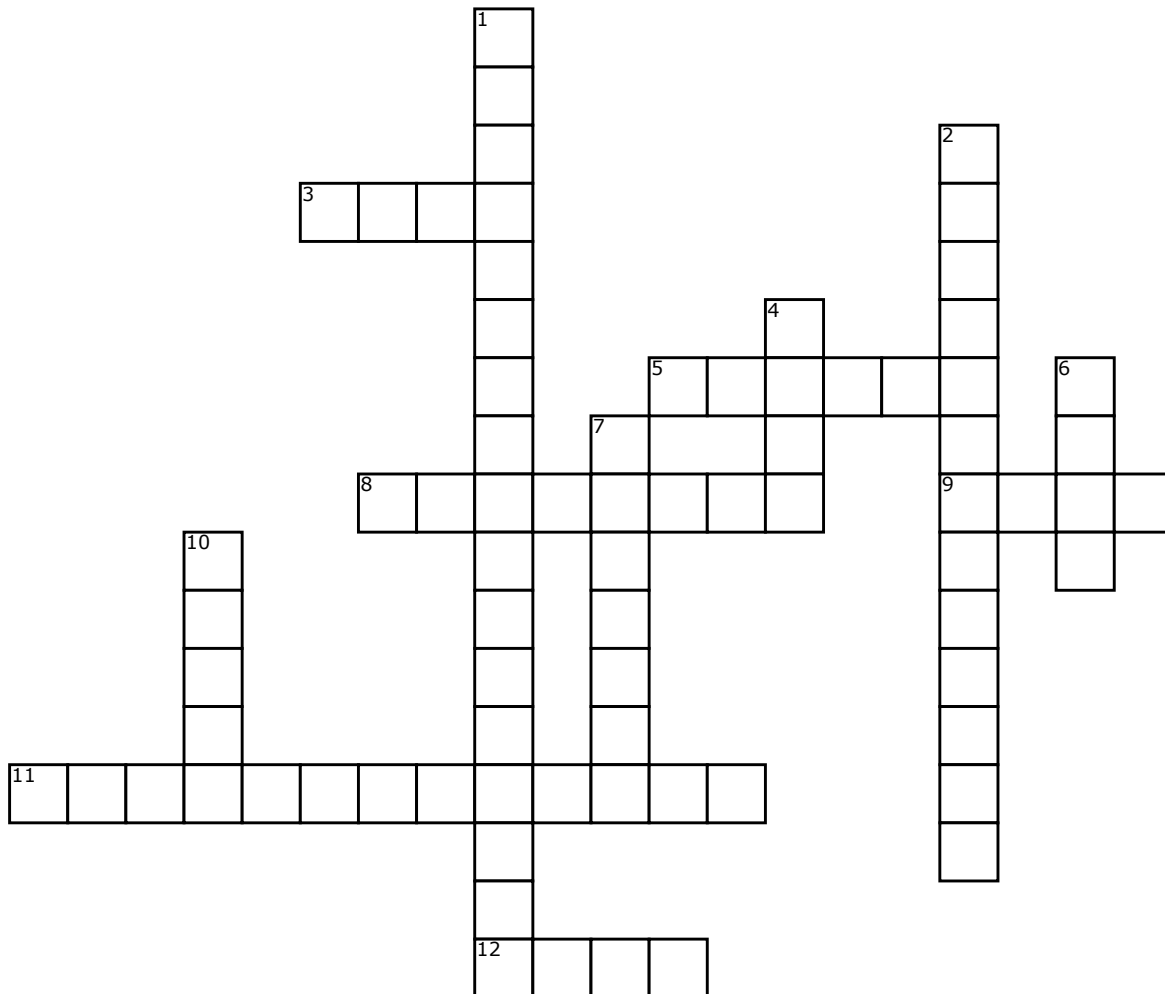


Name: _____

Date: _____

Fats



Across

3. how many types of fats are there ?

5. add what to foods?

8. fat equals up to what?

9. some fats can be healthful for you

11. a way to tell if you're overweight is by the

12. social network can make you fat

Down

1. this a nutrient required for normal body functioning that can not be synthesized by the body, what nutrient is this ?

2. what causes high cholesterol in the blood

4. used as a fuel source, and is the major storage form in the body

6. you might be able to blame body fat for infertility

7. the rate of obesity have what since 1980?

10. the most unhealthiest place to have too much body fat is where ?