Lipids Bozeman Video Notes

1. Name 3 different fats

a.

b.

c.

1. Fats store \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in our body for when we need it.
2. A hydrocarbon has some hydrogens all attached to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Fats have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ head and three fatty acids attached to it.
4. A saturated tail has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ all around the outside and are straight so they can stack on one another making the fat a **solid/liquid** (circle one) at room temperature
5. A unsaturated tail is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and can’t pack together so that at room temperature are **solid/liquid** (circle one).
6. The fat called Olestra **is./is not** (circle one) found in our human bodies which when eaten causes adverse reactions.
7. Phospholipids are found around the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ membranes and regulate what goes in and out.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps maintain the membrane integrity (keeps it together).
9. Too many fats (like In & Out) can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lipids Bozeman Video Notes

1. Name 3 different fats

a.

b.

c.

1. Fats store \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in our body for when we need it.
2. A hydrocarbon has some hydrogens all attached to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Fats have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ head and three fatty acids attached to it.
4. A saturated tail has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ all around the outside and are straight so they can stack on one another making the fat a **solid/liquid** (circle one) at room temperature
5. A unsaturated tail is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and can’t pack together so that at room temperature are **solid/liquid** (circle one).
6. The fat called Olestra **is./is not** (circle one) found in our human bodies which when eaten causes adverse reactions.
7. Phospholipids are found around the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ membranes and regulate what goes in and out.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps maintain the membrane integrity (keeps it together).
9. Too many fats (like In & Out) can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_