

# What is Fat?

Read through each statement and decide if it is true or false prior to viewing the video. You will have a chance to correct your answers after viewing.

Pre-Test	Statements	Post-Test
	Olive oil is a better fat for you than pancakes.	
	The amount of fat we eat impacts our weight & health more than the type(s) of fats we eat.	
	Fat is made up of molecules called triglycerides.	
	Triglycerides are all alike.	
	Fatty acid chains determine if fats are solid or liquid, if they go rancid quickly or how good or bad it is for you.	
	Most unsaturated fats are good for you while saturated fats are bad if eaten in excess.	
	Trans-fats don't go rancid and are more stable than ___ fats and can change texture in foods and are terrible for your health.	
	Saturated fats are worse for you than trans-fats.	
	The only way you know if trans-fats are in your foods is if you see the words "partially hydrogenated" in the ingredient list.	
	The FDA allows manufacturers to say a food has 0 grams of trans-fats even if it has .5 grams.	
	Olive oil has trans-fats while pancake mix does not.	



	What is Fat?	
Pre-Test	Statements (Key)	Post-Test
	Olive oil is a better fat for you than pancakes.	True
	The amount of fat we eat impacts our weight & health more than the type(s) of fats we eat.	False
	Fat is made up of molecules called triglycerides.	True
	Triglycerides are all alike.	False
	Fatty acid chains determine if fats are solid or liquid, if they go rancid quickly or how good or bad it is for you.	True
	Most unsaturated fats are good for you while saturated fats are bad if eaten in excess.	True
	Trans-fats don't go rancid and are more stable than ___ fats and can change texture in foods and are terrible for your health.	True
	Saturated fats are worse for you than trans-fats.	False
	The only way you know if trans-fats are in your foods is if you see the words "partially hydrogenated" in the ingredient list.	True
	The FDA allows manufacturers to say a food has 0 grams of trans-fats even if it has .5 grams.	True
	Olive oil has trans-fats while pancake mix does not.	False

