

**Carb Confusion:**

Read pg 59 -60 and answer the following questions: must be typed.

1. Do Carbs make you fat?
2. Do Carbs cause Diabetes?
3. Are Carbs (eating sugar) linked to Hyperactivity?

**All about Fat:**

Answer the following questions from the information in Chapter 5.

1. How many calories per gram is in a fat?
2. Name 3 functions of fat that are important according to your text.
3. Look on page 102. What are HDL, LDL and Tryglycerides and what significance to these have for your health?
4. Read page 103. What are Omega 6 fats and Omega 3 fats and how are they significant to your diet and to your health. List some food sources of these 2 fats
5. What are Fat-based replacers and what foods contain these - why are they in our food supply?
6. Read page 114 and 115. What is the % of fat you should eat in your diet - answer in terms of % of total calories, how much should be saturated fat and how many mg per day should be cholesterol.
7. How many mg of cholesterol are in 1 egg.
8. What is the lowest % of fat you should eat and why (see pg 115)
9. What food categories contain Saturated Fats or solid fats (in general) and what can you do to reduce the amount of saturated fat in your diet - list 4 ideas you Text suggests.
10. Is coconut fat better for you than other fats? (just a short answer but support your position). See pg 100, 104, 105 and 113.