### 1.11 Lipids Practice

1. Water is polar, Lipids are nonpolar ( True/False )
2. Lipids consist of atoms of C, H, O and N ( True/False )
3. Humans need lipids in their diet ( True/False )
4. Phospholipids make up cell membranes ( True/False )
5. Fatty acids may be saturated or unsaturated. ( True/False )
6. Plants use saturated fats to store energy, animals use unsaturated fats ( True/False )
7. Unsaturated fatty acids are “bent” compared to saturated fatty acids which are “straight” ( True/False )
8. Each molecule of fat has one glycerol molecule and three fatty acid molecules. ( True/False )
9. Unsaturated fatty acids are liquid at room temperature. ( True/False )
10. “Oil” is the lipid mainly responsible for narrowing arteries and causing the disease atherosclerosis ( True/False )
11. Animals use the energy of unsaturated fatty acids to store body energy. ( True/False )
12. Essential fatty acids include omega-3 and omega-6 fatty acids. ( True/False )
13. Essential fatty acids as “essential” because we have to eat them, our bodies cannot manufacture them from other food sources. ( True/False )
14. The major component of a cell membrane is a phospholipid. ( True/False )
15. Steroids are lipids and can serve as chemical messengers ( True/False )
16. Having an abnormally high amount of body fat may cause cardiovascular disease ( True/False )
17. The number of fatty acids present in a molecule of a phospholipid is \_\_\_\_\_.
    1. Two
    2. Three
    3. One
    4. None of the above

18. State three possible functions of a lipid?

19. Butter is a fat that is a solid at room temperature. What type of fatty acid does butter contain? How do you know?

20. Explain why molecules of saturated and unsaturated fatty acids have different shapes.