

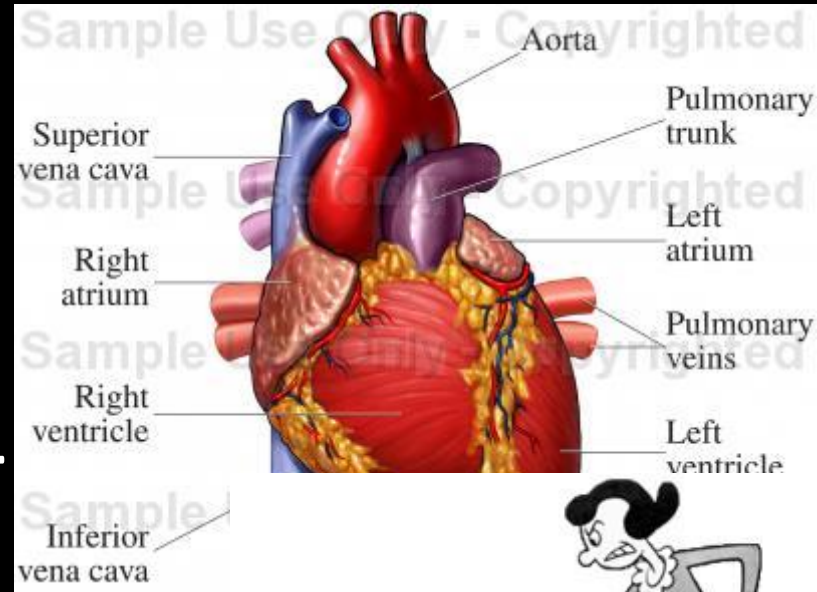
# Lipids (Fats/Oils)

## Use in the Body

- \_\_\_\_\_  
(more than \_\_\_\_\_)
- \_\_\_\_\_ AND \_\_\_\_\_  
your internal \_\_\_\_\_

## Food Sources

- \_\_\_\_\_ Oils – \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_ Fats – \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_



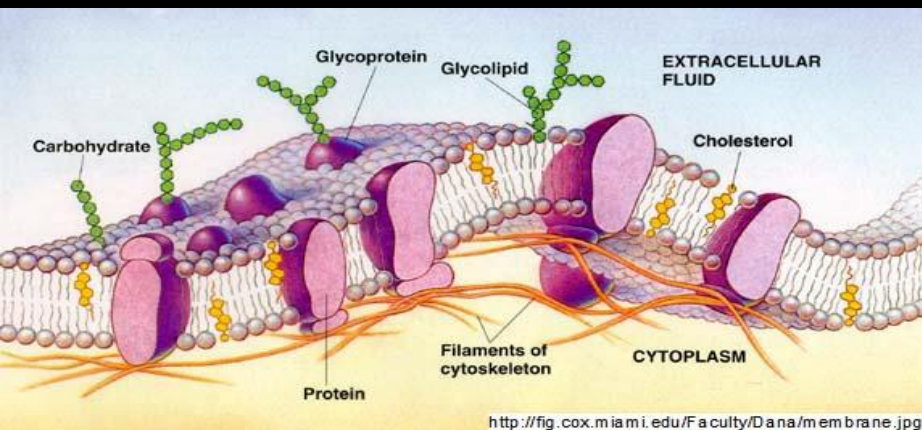
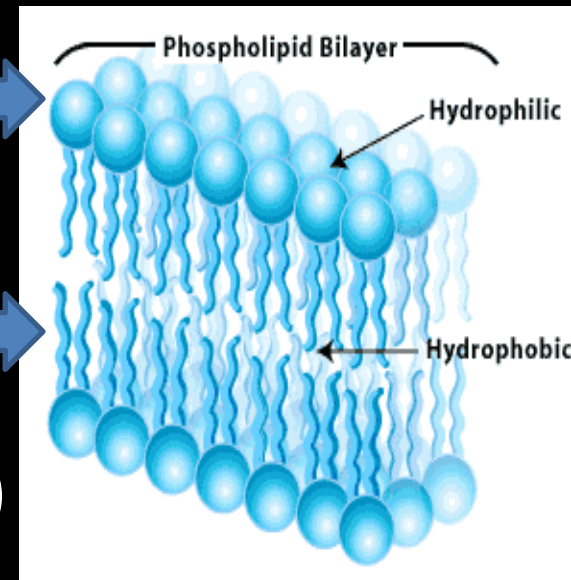
# Lipids (Fats/Oils)

The Cell Membrane (aka - \_\_\_\_\_ lipid \_\_\_\_\_)

The \_\_\_\_\_ that surrounds the cell is

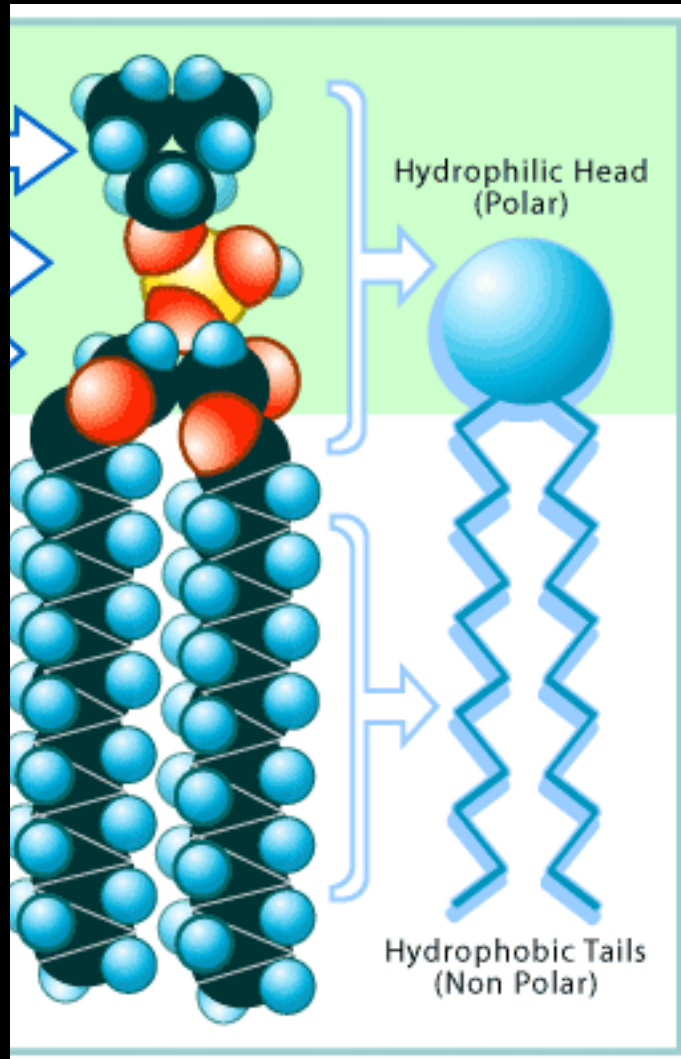
• \_\_\_\_\_ are hydro \_\_\_\_\_ (water \_\_\_\_\_)

• \_\_\_\_\_ are hydrophobic (water \_\_\_\_\_)



In the **cell membrane** there are \_\_\_\_\_ phospholipid layers (as shown to the left)

# Lipids (Fats)



Which part of the phospholipid is the fat - the head or the tale? \_\_\_\_\_

How do you know?

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