

What Is Your Fat IQ?

Answer each question based on reading chapter 20 in the text.

1. Fat is an essential nutrient because it:
 - a) Provides the body with energy
 - b) Helps the body perform vital functions
 - c) Transports fat-soluble vitamins in the body
 - d) Helps cushion vital organs
 - e) All of the above
2. *True or False:* Fat provides four times more energy (calories) per gram than carbohydrates or protein.
3. *True or False:* We should all aim to have a diet made up of less than 20 percent fat.
4. Saturated fats:
 - a) Have been linked to higher blood cholesterol levels
 - b) Are found only in foods from animal sources
 - c) Are usually liquid at room temperature
 - d) All of the above
5. *Eating Well with Canada's Food Guide* says to:
 - a) Eat as much meat, poultry, and fish as you like
 - b) Not eat meat, poultry, and fish
 - c) Eat meat more often
 - d) Choose leaner cuts of meat, poultry, and fish
6. *True or False:* High-fat foods should be eliminated from people's diets.
7. Trans fats are:
 - a) Solid or semi-solid at room temperature
 - b) Labelled as "hydrogenated" on food labels
 - c) Linked to higher risks of heart disease
 - d) Most often found in commercial baked goods, such as cookies and crackers
 - e) All of the above
8. Which of the following has the least fat?
 - a) Ground beef, broiled
 - b) Chicken, light meat, roasted
 - c) Canned salmon
 - d) Cooked shrimp

4-8 (continued)

9. Which of the following has the least dietary cholesterol?
- Beef liver, pan-fried
 - Chicken, dark meat, roasted
 - Shrimp, cooked
 - Tuna, canned in water
10. The way a food is prepared will affect the amount of fat it contains. Which of the following cooking methods is not a good low-fat method?
- deep frying
 - baking
 - broiling
 - barbequing
11. *True or False:* All fruits and vegetables are fat free.
12. For each of the following foods, suggest a low-fat alternative:
- Sour cream _____
 - Mayonnaise _____
 - Salad dressing _____
 - Butter _____
 - Gravy _____
13. List three descriptive words often used on menus that would indicate to you that the food is high in fat.
- _____
 - _____
 - _____
14. *True or False:* Salads are always a low-fat alternative when eating at restaurants.