**ASSESSMENT**

**CROSSWORD PUZZLE**

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**Clues:**

Across

1. The “bad” lipoprotein that clogs up arteries and increases the risk of cardiovascular diseases
2. The chemical name for a fat molecule
3. A fatty acid with one double bond between two carbon atoms
4. The material we need for daily activities
5. The name of the process for turning liquid oils into solid fats

Down

1. A fatty acid that cannot take up any more hydrogen
2. A substance found in plant food that can prevent constipation
3. A nutrient required for growth and repair of cells
4. A main type of carbohydrates
5. A precursor of steroid hormones
6. A fatty acid with two or more double bonds between carbon atoms
7. Most \_\_\_\_\_\_ fatty acids are manufactured and can be found in shortening and margarine.

**Answers:**



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