**評估**

**填字遊戲**

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**謎面**

縱

1. 它能堵塞動脈，增加患心血管疾病的風險
2. 在兩個碳原子之間具有一個雙鍵的脂肪酸
3. 纖維素的來源
4. 大多數＿＿＿＿都是工業生產的，起酥油和人造牛油是它的來源。
5. 脂肪分子的化學名稱

橫

1. 在碳原子之間具有兩個或多個雙鍵的脂肪酸
2. 將液體油轉化為固體脂肪後的產品
3. 植物性食物中的一種物質，可以防止便秘
4. 一種不能再與氫原子形成鍵的脂肪酸
5. 細胞生長和修復所需的營養素
6. 類固醇激素的前體

**答案：**

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|  |  |  |  |  | 飽 |  | 氫 | 化 | 植 | 物 | 油 |  |
|  |  |  | 低 |  | 和 |  |  |  | 物 |  | 酯 |  |
|  |  |  | 密 |  | 脂 |  |  |  | 性 |  |  |  |
|  |  |  | 度 |  | 肪 |  |  | 膳 | 食 | 纖 | 維 |  |
|  | 飽 | 和 | 脂 | 肪 | 酸 |  |  |  | 物 |  | 生 |  |
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