The de Ferrers Trust

Y10 – KO7 - GCSE FOOD PREPARATION AND NUTRITION: MACRONUTRIENTS - FATS

A FUNCTION

	TERM	EXPLANATION
1	FAT	• Store of energy. • Insulate the body. • Protect bones and kidneys from damage by providing a protective cushion. • To give the body fat soluble vitamins A, D, E and K.

B KEY TERMS

	TERMS	DEFINITION
1	VISIBLE FATS	Fats in a food that you can see e.g. fat on meat.
2	INVISIBLE FAT	Fats in a food you cannot see e.g. butter in pastry.
3	SATURATED FATS	Considered unhealthy for the diet. Mainly from animal sources.
4	UNSATURATED FATS	Generally healthy. Soft or liquid at room temperature and come from vegetable sources that are high in fat. Mainly from plant sources.

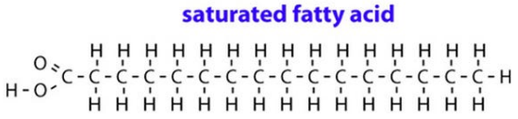
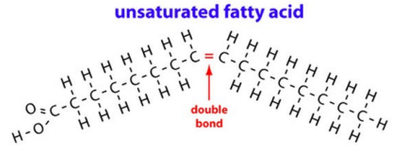
C SOURCES

	TERM	EXPLANATION
1	SOLID ANIMAL FATS	Visible animal fat: butter, lard, fat on meat Invisible animal fat: butter in cakes
2	SOLID PLANT FATS	Visible plant fats: coconut milk, coco butter, margarine Invisible plant fats: many processed food, chocolate
3	LIQUID ANIMAL OILS	Visible animal oils: Oily fish, cod liver oil Invisible animal oils: Milk, cream
4	LIQUID PLANT OILS	Visible plant oils: Nuts and seeds oils e.g. sunflower oil Invisible plant oils: Nuts, seeds, vegetable fat spreads

D TOO MUCH / TOO LITTLE

	TERM	EXPLANATION
1	TOO MUCH	• Causes obesity. • Obesity can lead to Type 2 Diabetes. • Increases blood cholesterol levels which may lead to heart attacks, strokes, high blood pressure.
2	TOO LITTLE	• Weight loss. • Vitamin deficiency especially fat soluble. • Less insulation.

E CHEMICAL BONDS OF FAT

	TERM	DEFINITION
1	SATURATED FAT	Only have single C bonds. 
2	UNSATURATED FAT	Contain at least 1 C=C double bond in their carbon chain.