

## Fat Facts Quiz: Test Your Knowledge!

**1. Which of the following is NOT a type of fat?**

- a) Saturated fat
- b) Unsaturated fat
- c) Trans fat
- d) Fiber fat

**2. Which type of fat is considered the most harmful to heart health?**

- a) Monounsaturated fat
- b) Polyunsaturated fat
- c) Saturated fat
- d) Trans fat

**3. Which type of fat is liquid at room temperature and considered heart-healthy?**

- a) Saturated fat
- b) Trans fat
- c) Unsaturated fat
- d) Cholesterol

**4. Which of the following is a good source of omega-3 fatty acids?**

- a) Red meat
- b) Butter
- c) Chicken
- d) Salmon

**5. What is the main function of HDL cholesterol in the body?**

- a) It builds up in arteries and increases heart disease risk.
- b) It helps remove LDL cholesterol from the arteries.
- c) It is used to make hormones.
- d) It provides energy for the body.

**6. Which of the following is a good source of monounsaturated fats?**

- a) Coconut oil
- b) Avocado
- c) Butter
- d) Bacon

**7. Which of the following contains mostly saturated fat?**

- a) Olive oil
- b) Nuts
- c) Salmon
- d) Red meat

**8. Which of the following is NOT a function of fats in the body?**

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- a) Provide energy
- b) Help absorb vitamins
- c) Build muscle
- d) Cushion organs

**9. True or False: Trans fats are naturally occurring in foods.**

- a) True
- b) False

**10. Which of the following should you limit in your diet?**

- a) Monounsaturated fats
- b) Polyunsaturated fats
- c) Omega-3 fatty acids
- d) Saturated fats

### Answers:

1. d) Fiber fat
2. d) Trans fat
3. c) Unsaturated fat
4. d) Salmon
5. b) It helps remove LDL cholesterol from the arteries.
6. b) Avocado
7. d) Red meat
8. c) Build muscle
9. b) False
10. d) Saturated fats

### Quiz Results:

- **9-10 correct:** You're a Fat Facts whiz! You know the importance of healthy fats and how to make smart choices for your diet.
- **7-8 correct:** You're on the right track! Keep learning about fats to make the best choices for your health.
- **5-6 correct:** You're getting there! There's still more to learn about the different types of fats and their roles.
- **0-4 correct:** Don't worry! This quiz is a great starting point. Keep reading our articles to learn more about fats and nutrition.