Your notes

GCSE Food Preparation and Nutrition: revision notes

Fats

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Functions of fat

- A concentrated source of energy: 1 g of fat provides 9 kcal.
- Insulation (a layer under the skin keeps the body warm) and protection of vital organs.
- Provides **fat-soluble vitamins** A, D, E and K, and essential fatty acids.

Types of fat

- **Saturated fats** are mostly from animal sources and are solid at room temperature: butter, lard, cheese, fatty meat, and also coconut and palm oil. They can raise blood **cholesterol**.
- **Unsaturated fats** are mostly from plants and are usually liquid at room temperature.
- Monounsaturated fats: olive oil, rapeseed oil and avocados. Polyunsaturated fats: sunflower oil, nuts, seeds and oily fish (which contain **omega-3** fatty acids).
- **Unsaturated fats** are healthier and can help lower **cholesterol**.
- Visible fats can be seen (the fat on bacon); **invisible fats** are hidden in foods (in cakes, biscuits and crisps).

Too little or too much

- Excess: weight gain and obesity, high **cholesterol**, and a higher risk of coronary heart disease and stroke.
- Deficiency: a lack of **fat-soluble vitamins**, feeling cold, and low energy.
- Adults should get no more than about 35% of their energy from fat, and cut down on **saturated fat**.

Key terms

Saturated fat	Fat mostly from animals, solid at room temperature.

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Unsaturated fat	Fat mostly from plants, usually liquid at room temperature.
Cholesterol	A fatty substance in the blood; high levels increase heart disease risk.
Omega-3	A type of polyunsaturated fatty acid found in oily fish.
Invisible fat	Fat that can't be seen in a food, such as in cakes.
Fat-soluble vitamins	Vitamins A, D, E and K, carried by fat.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. How many kcal does 1 g of fat provide?
2. Which is a source of saturated fat?
3. Which food contains omega-3 fatty acids?
4. Which is a monounsaturated fat?
5. What can too much saturated fat raise in the blood?
6. Which vitamins are fat-soluble?
7. What is an invisible fat?
8. What is a function of fat in the body?

Answers

1. 9 kcal
2. Butter
3. Oily fish such as salmon
4. Olive oil
5. Cholesterol
6. A, D, E and K
7. Fat hidden in a food, such as in biscuits
8. Insulation and protecting organs

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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