

### **3.Fats and oils**

#### **a) Definition of terms**

**i) Cholesterol**

**ii) High-density lipoprotein (HDL)**

**iii) (Low- density lipoprotein (LDL)**

**iv) Lipid**

**v) Hydrogenation**

#### **b) Types of fats**

**i) Saturated (3 examples)**

**ii) Unsaturated (3 examples)**

**c) Functions of fats (5)**

**d) Sources of fats (5)**

**e) Health conditions related to fats and oils (2)**

### **4. Water**

**a) Functions of water (5)**

**b) Sources of water (5)**

**c) Signs of dehydration (5)**

