

Understanding Nutrition 13th Edition

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Chapter 5 – The Lipids: Triglycerides, Phospholipids, and Sterols

Multiple Choice

- In which form are most dietary lipids found?
 - Sterols
 - Glycerols
 - Triglycerides
 - Monoglycerides
- Lipids that are solid at room temperature are known as
 - oils.
 - fats.
 - omegas.
 - glycerols.
- Lipids that are liquid at room temperature are known as
 - oils.
 - fats.
 - omegas.
 - glycerols.
- What is the chemical composition of fats?
 - Hexose polymers
 - Glycogen granules
 - Fatty acids and glycerol
 - Combinations of long-chain fatty acids
- A compound composed of carbon, hydrogen, and oxygen with 3 fatty acids attached to a molecule of glycerol would be known as a
 - diglyceride.
 - triglyceride.
 - phospholipid.
 - monoglyceride.
- What compound is composed of 3 fatty acids and glycerol?
 - Steroid
 - Lecithin
 - Triglyceride
 - Monoglyceride
- How many double bonds are present in stearic acid?
 - 0
 - 1
 - 2
 - 3
- Which of the following is a property of dietary lipids?
 - Omega-3 fatty acids are always unsaturated
 - Lipids that are solid at room temperature are classified as oils.
 - The fatty acids in triglycerides may be of chain length 2 to 25 carbons
 - The most common fatty acid chain length in triglycerides is 10 carbons.
- What is the simplest 18-carbon fatty acid?
 - Stearic acid
 - Linoleic acid
 - Palmitic acid
 - Linolenic acid
- Which of the following represents a chief source of short-chain and medium-chain fatty acids?
 - Fish
 - Eggs

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