

Fats

1. Answer the following questions:

A. What gives us energy more than carbohydrates?

B. What are fats?

C. What do we call the food that gives us energy?

D. Which food contain fats?

2. Fill in the blanks.

A. Fats provide us _____.

B. Fats stored in the _____.

C. It gives us more _____ than carbohydrates.

D. We should not _____ food.

3. Write True or False:-

A. Fats provide us energy.

B. The energy stored in the body.

C. It gives us more energy, than butter, nuts, ghee, oil are the sources of fat.

D. Fat also keeps not the body warm.