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**Bozeman LIPIDS**

Access this video online via: <https://www.youtube.com/watch?v=VGHD9e3yRIU>

1. What enzyme does your body use to break down triglycerides?

2. Where does the energy in lipids come from (be specific)?

3. What is a triglyceride? What does its chemical structure contain?

4. What is a saturated fat? Explain its chemical structure and whether it is solid or liquid at room temperature.

5. What is an unsaturated fat? Explain its chemical structure and whether it is solid or liquid at room temperature.

6. What is Olestra? How does it affect our bodies when we digest it?

7. Why does oil separate from water? How does this relate to phospholipid structure?

8. What are cell membranes made of?

9. What does cholesterol do to our cell membranes?