

Function of Fat

- It is a source of energy
- They are a source of Vitamin A, D, E and K
- It forms an insulating layer which keeps us warm
- It protects our bones and organs

Knowledge organiser

Macronutrients

Fat

What is cholesterol?

Cholesterol is a fatty substance which is made in the liver. It's found in some foods too. We all need some cholesterol in our bodies but having too much can clog up your arteries and lead to health problems in the future.

What can too much fat lead to?

- Weight gain
- Obesity – this can lead to Type 2 Diabetes
- Increased cholesterol which can lead to high blood pressure, a stroke, heart attack and coronary heart disease.

Saturated Fats

Saturated fats are classed as unhealthy fats. They are generally solid at room temperature and come from animal sources such as meats, butter, lard, suet and cheese. They can also come from plant sources such as coconut butter. Too much saturated fat can increase cholesterol levels in the blood which can increase the risk of coronary heart disease.



What happens if we have too little fat in our diet?

- Less fat soluble vitamins A, D, E and K
- Weight loss and less insulation. so people will become cold faster.

Unsaturated Fats

Unsaturated fats are usually healthier than saturated fats. They are usually liquid at room temperature and come from vegetable sources such as olive oil, sunflower oil and rapeseed oil. They can also be found in foods such as avocado, nuts, peanut butter and oily fish such as mackerel and salmon. They are called good fats because they can help to lower cholesterol levels.



How much fat do we need per day?

An average adult should consume 70g of fat per day, a maximum of 20g of this should be saturated fat. Most people consume more than this.

How to decrease/lower the amount of fat in a product?

You need to know how to reduce the fat in a product. In a burger and chips you could grill the burger instead of frying so you are not adding extra oil. You could choose lean mince (mince with less fat in). You could remove the cheese or use low fat cheese. You could use fry light and oven bake the chips rather than frying them in oil. Think about how you might adapt different meals to reduce the fat.



