

Name of the student: *Date:* 01/11/2020

Lipids:

Lipids are organic compounds that contain hydrogen, carbon, and oxygen atoms, which form the framework for the structure and function of living cells.

- Lipid is a compound made up of fatty acid and glycerol.
- The lipids or fatty substances having digested turn into fatty acid and glycerol.
- The fatty acids and glycerol get absorbed in the body through lymph gland situated in villi of intestine.
- 20 types of fatty acids are found in lipids.
- Fatty acid is formed in liver.
- Fatty acids are of two types, such as—1) Unsaturated fatty acids and 2) Saturated fatty acids.
- The food that contains more unsaturated fatty acids is more useful.
- The foods that contain more saturated fatty acids are called fat enriched food.
- 1 gram of fat can yield 9 kilocalorie of energy.

Q. Why is sunflower oil more useful?

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Q. Why is chocolate fat enriched food?

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Q. If one person eats 500 gm nuts daily, how much energy will he get?

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Types of Lipids:

Simple Lipids

1. **Fats:** Esters of fatty acids with glycerol. Oils are fats in the liquid state
2. **Waxes:** Esters of fatty acids with higher molecular weight monohydric alcohols

Complex Lipids

1. **Phospholipids:** These are lipids containing, in addition to fatty acids and alcohol, a phosphoric acid residue.
2. **Glycolipids (glycosphingolipids):** Lipids containing a fatty acid, sphingosine, and carbohydrate.
3. **Other complex lipids:** Lipids such as sulfolipids and amino lipids. Lipoproteins may also be placed in this category

Role of Fats:

Fats play several major roles in our body. Some of the important roles of fats are mentioned below:

- Fats in the correct amounts are necessary for the proper functioning of our body.
- Many fat-soluble vitamins need to be associated with fats in order to be effectively absorbed by the body.
- They are an efficient way to store energy for longer periods.

Fats deficiency related diseases:

If food lacks in fatty substance, deficiency of fat soluble vitamin occurs in the body which will result in diseases due to the deficiency of vitamin. Such as—

- Skin will get dry and rough that will ruin the beauty of the body.
- The children will suffer from eczema.
- Elderly person lose resistance against skin disease.

Q. Why should we take a correct amount of fat daily?

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