

The background of the slide is a dense, overlapping collage of various fast-food items. On the left side, there are several burgers with sesame seed buns, some with visible meat and cheese. In the center and right, there are large quantities of golden-brown french fries. Interspersed among the fries are several breaded chicken nuggets. At the bottom of the collage, there are slices of pepperoni pizza with melted cheese. The overall image is a vibrant and appetizing display of common fast-food choices.

# **EATS**

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# *Fact 1*

FAT IS A COMPOUND FOUND IN FOOD .IT IS ONE OF THREE TYPES OF ENERGY THAT THE HUMAN BODY USES, THE OTHERS ARE CARBOHYDRATES AND PROTEINS



# Fact 2

NOT ALL FATS are BAD. A CERTAIN amount OF FAT IS an essential PART OF a HEALTHY BALANCED DIET



# *Fact 3*

we need FAT FOR our nerves  
Brain and SKIN CELL

Brain cells come  
and Brain cells go  
**BUT FAT CELLS  
LIVE FOREVER**

# Fact 4

OUR BODY USES FAT TO ABSORB FAT-SOLUBLE VITAMINS

FAT SOLUBLE VITAMINS

Vitamin A, D, E, K



# *Fact 5*

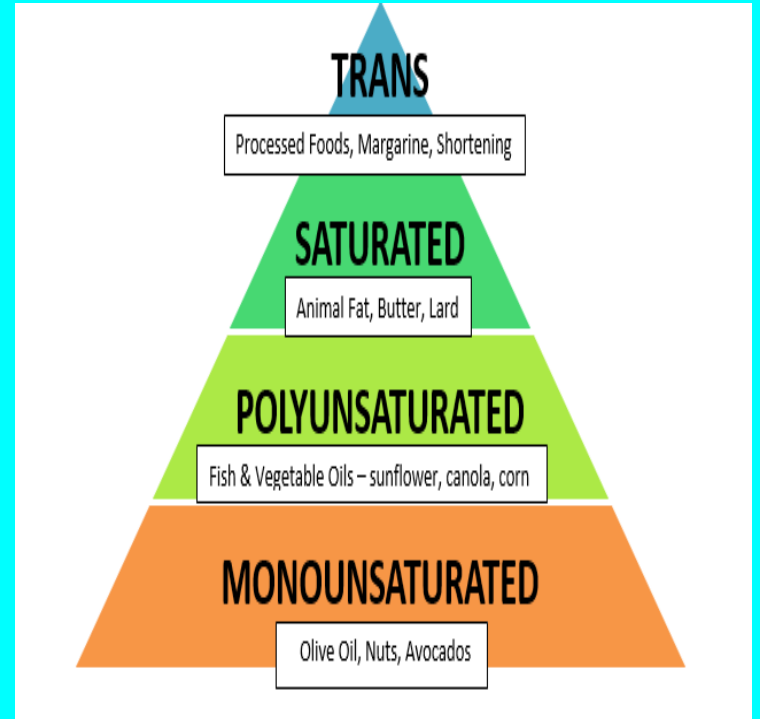
FAT SUPPLIES ENERGY TO OUR BODY,  
CUSHIONS ORGANS, INSULATES US, AND IS  
USED TO BUILD CELL MEMBRANES



# FACT 6

THE 3 main TYPES OF FATS are:

- saturated
- POLYUNSATURATED
- monounsaturated





# Fact 7

**SATURATED FATS (OR TRANS FATS)** are  
CONSIDERED LESS HEALTHY TYPES OF FATS

- INCREASE YOUR RISK OF HEART DISEASE  
AND STROKE





# Fact 8

EXAMPLES OF **saturated fats**

RED MEAT, COCONUT OIL, BUTTER, WHOLE MILK, ICE CREAM, CHEESE, CHOCOLATE



# Fact 9

**POLYUNSATURATED & MONOUNSATURATED FATS** are BETTER FOR your BODY and are necessary FOR GOOD HEALTH.

REDUCE THE RISK OF HEART DISEASE AND  
STROKE



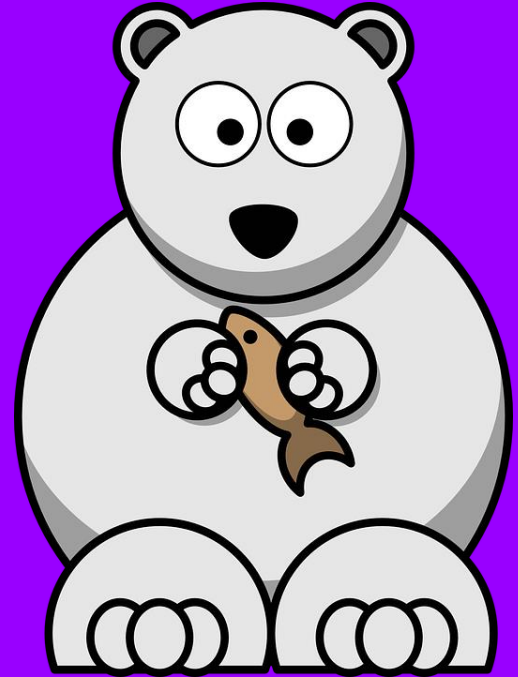
# Fact 10

## EXAMPLES OF **monounsaturated FATS**

OLIVE OIL ,PEANUT OIL,ALMONDS,  
CASHEWS, AVOCADOS.

## EXAMPLES OF **POLYUNSATURATED** **FATS**

FISH , FISH OIL ,CORN OIL, SOYBEAN  
OIL.



**I DON'T WANT TO BE  
REMEMBERED FOR  
WHAT I COULD HAVE  
DONE. I WANT TO BE  
REMEMBERED FOR  
WHAT I DID.**

