

ASSIGNMENT

1. Collect the information on different types of fats available in the foods.
2. List out the different foods rich in fats and oils.
3. Collect the information on need and importance of fats and oils to living organisms.
4. List out the good fats available in the foods we eat in our daily life.
5. List out the bad fats available in the foods we eat in our daily life.
6. Make a list of important functions of the fats and oils in human body.
7. List out the Myths and facts about fats.
8. Collect the information on recommended guidelines for choosing healthy fats.