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**Lipids Review**

1. What elements are lipids composed of?

2. What are the monomers of triglycerides?

3. What is the primary difference between saturated and unsaturated fatty acids?

4. Which type of fatty acid is the “healthy “ fatty acid?

5. How do living things use fats and oils?

6. How does the amount of energy contained in lipids compare to the amount of energy contained in carbohydrates?

7. How does a molecule of phospholipid differ from a molecule of fat?

8. Phospholipids contain both hydrophilic and hydrophobic portions. Explain what hydrophobic and hydrophilic mean.

9. Draw and label the hydrophobic and hydrophilic elements of a phospholipid molecule

10. How do living things use phospholipids?

11. What is cholesterol?