**Fats Questions**

1. Which type of fat contains double bonds? How do the double bonds affect it?
2. What type of fat is good for you?
3. What are the 2 types of good fats and the 2 types of bad fats? Provide an example of a food for each.
4. Why are trans fats so harmful?
5. What foods in your diet contain bad fats? What could you replace them with so that you are getting good fats?

Based on all of the information you have learned about cards, protein, and fats put together a healthy meal that would include those 3 nutrients.