*Read the text and give the general idea of fats:*

FATS

Fats consist of a wide group of compounds that are generally soluble in organic solvents and largely insoluble in water. Chemically, fats are generally trimesters of glycerol and fatty acids. Fats may be either solid or liquid at normal room temperature, depending on their structure and composition. Although the words "oils", "fats", and "lipids" are all used to refer to fats, "oils" is usually used to refer to fats that are liquids at normal room temperature, while "fats" is usually used to refer to fats that are solids at normal room temperature. "Lipids" is used to refer to both liquid and solid fats. The word "oil" is used for any substance that does not mix with water and has a greasy feel, regardless of its chemical structure.

Fats form a category of lipid, distinguished from other lipids by their chemical structure and physical properties. This category of molecules is important for many forms of life, serving both structural and metabolic functions. They are an important part of the diet of most heterotrophs (including humans). Fats or lipids are broken down in the body by enzymes called lipases produced in the pancreas.

Examples of edible animal fats are lard (pig fat), fish oil, and butter or ghee. They are obtained from fats in the milk, meat and under the skin of the animal. Examples of edible plant fats are peanut, soya bean, sunflower, sesame, coconut, olive, and vegetable oils. Margarine and vegetable shortening, which can be derived from the above oils, are used mainly for baking. These examples of fats can be categorized into saturated fats and unsaturated fats.

Vitamins A, D, E, and K are fat-soluble, meaning they can only be digested, absorbed, and transported in conjunction with fats. Fats are also sources of essential fatty acids, an important dietary requirement.

The fat content of a food can be analyzed by extraction. The exact method varies on what type of fat to be analyzed.

*Post-text Exercises*

*I. Add the proper prepositions to the following (according to the text):*

Consist …, depend … , refer … , … room temperature, to be used … , mix … , regardless … , distinguish … , important … , break … , to be obtained … , to be derived … , to be categorized … , in conjunction … , … example.

Make up your own sentences with the above words.

*II. Make up questions to which the following sentences might be the answers:*

1. Fats consist of a wide group of compounds. 2. Solid and liquid. 3. Oils and lipids. 4. "Oils" is usually used to refer to fats that are liquids at normal room temperature, "fats" is usually used to refer to fats that are solids at normal room temperature and "lipids" is used to refer to both liquid and solid fats. 5. Chemical structure and physical properties. 6. Saturated fats and unsaturated fats. 7. It depends on type of fat to be analyzed.

*III Read the text again and answer the following questions:*

1. How do people meet their requirements in water? 2. What is water important for?

*IV. Translate the following into English:*

1. Кальций необходим для образования костей и зубов. 2. Источниками кальция служат питьевая вода, овощи, яичный желток и молочные продукты. 3. Соль содержит натрий, необходимого для обмена веществ в организме. 4. Калий содержится внутри клеток крови и мягких тканях организма. 5. Молоко, сыр, яйца, зерновые богаты фосфором. 6. Железо, которое входит в гемоглобин крови, содержится в мясе, морской рыбе, овощах и фруктах. 7. Содержание йода в пище зависит от его содержания в почве и воде. 8. Жиры делятся на животные и растительные. 9. Жиры нерастворимы в воде.