Abstract

Bachelor theses is concerned with the fats in terms of nutrition, where fats are regarded as one of the basic nutrients in human nutrition. Specifically, is concerned with the characteristics of fats, their technological processing and importance in human boarding. Detail is focused on finding specific knowledge about fats among selected adults.

The aim of this work is to clarify the extent to which selected adult overview of fats and what have the knowledge, which in turn can use in your everyday life when choosing foods and preparing meals. At the same time also to provide input for knowledge of fats, which are subsequently used in further work, which will focus on a different target group namely students from secondary schools and grammar schools.

Keywords

Fats, nutrition, margarine, fatty acids, cholesterol