

## Workbook : Lipid Metabolism & Transport

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

### Self-assessment.

1	How are TAGs produced ?
2	What are essential fatty acids and why are they important?

3	What are the four classes of lipoproteins, and how do they differ from each other ?
4	What are apolipoproteins and what do they do ?
5	What is the relationship between TAG content and lipoprotein density ?

6

Describe the differences between the endogenous and exogenous pathways of lipoprotein metabolism.

7

What is the reverse cholesterol transport pathway and why is it important ?

## Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

