



# FOCUS ON FATS

Fat is an essential nutrient and is needed to help our brains develop, keep our cells healthy and provide a source of stored energy for our body. The fat on our body helps to keep our temperature regulated and also cushions our vital organs.

## EXAMPLES OF HEALTHY FATS



### ACTIVITY

Sort the In-A-Box photo cards on the table into sources of **HEALTHY FATS AND LESS HEALTHY FATS.**



### EAT LESS

High fat meats, high fat dairy products, coconut oil, and palm oil; **AVOID FOODS** made with partially hydrogenated vegetable oils (trans fat).



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## HERE'S WHAT TO DO AT THIS STATION:

- 1 Identify the importance of fat, both in our diets and on our body.**

  - Fat is an essential nutrient which means we need to get it from our diet.
  - The guideline for fat intake for a 10 to 14 year old is around five to eight teaspoons of added fat per day.
  - Fat is needed to help our brains develop, keep our cells healthy and provide a source of stored energy for our body.
  - The fat on our body helps to keep our temperature regulated and also cushions our vital organs.
  - Eating an excess of unhealthy fats (saturated and trans fats) can contribute to health problems such as obesity and heart disease.

- 2 Explain the difference between healthy fats and fats to limit or avoid. Examples of healthy fats include** olive oil, canola oil, avocados, nuts, seeds, nut and seed butters, and the fat found in fish such as salmon, tuna and sardines.

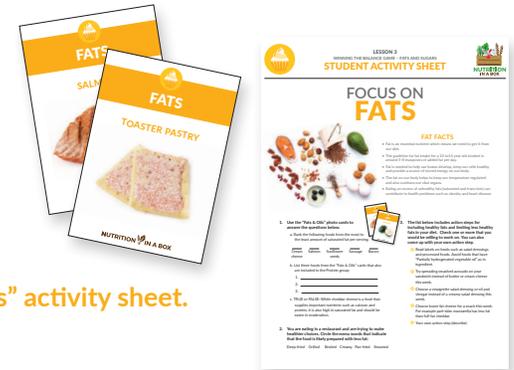
### Fats to limit/avoid:

*Saturated Fat:* Saturated fats are solid at room temperature and include the fats found in most animal products (e.g. high fat meats, full fat dairy products) and certain vegetable oils (e.g. coconut oil, palm kernel oil, cocoa butter).

*Trans Fat:* Artificial trans fat is harmful to health. Artificial trans fats are found in foods containing “partially hydrogenated” vegetable oils. Examples include certain margarines, baked goods, snack foods and foods fried in partially hydrogenated oil.

- 3 Sort the photo cards on the table into healthy fats and less healthy fats.**

- 4 Complete the “Focus on Fats” activity sheet.**





LESSON 3  
WINNING THE BALANCE GAME - FATS AND SUGARS  
**STUDENT ACTIVITY SHEET**



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## FAT FACTS

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1. Use the “Fats & Oils” photo cards to answer the questions below.

a. Rank the following foods from the most to the least amount of saturated fat per serving.

\_\_\_\_\_ Cream Cheese    \_\_\_\_\_ Salmon    \_\_\_\_\_ Sunflower Seeds    \_\_\_\_\_ Sausage    \_\_\_\_\_ Bacon

b. List three foods from the “Fats & Oils” photo cards that also are included in the Protein group:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

c. TRUE or FALSE: While cheddar cheese is a food that supplies important nutrients such as calcium and protein, it is also high in saturated fat and should be eaten in moderation.

2. You are eating in a restaurant and are trying to make healthier choices. Circle the menu words that indicate that the food is likely prepared with less fat:

Deep-fried    Grilled    Broiled    Creamy    Pan-fried    Steamed



3. The list below includes action steps for including healthy fats and limiting less healthy fats in your diet. Check one or more that you would be willing to work on. You can also come up with your own action step.

- Read labels on foods such as salad dressings and processed foods. Avoid foods that have “Partially hydrogenated vegetable oil” as an ingredient.
- Try spreading smashed avocado on your sandwich instead of butter or cream cheese this week.
- Choose a vinaigrette salad dressing or oil and vinegar instead of a creamy salad dressing this week.
- Choose lower fat cheese for a snack this week. For example part-skim mozzarella has less fat than full-fat cheddar.
- Your own action step (*describe*):



LESSON 3  
WINNING THE BALANCE GAME - FATS AND SUGARS  
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**Answer Key**

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1. Use the “Fats & Oils” photo cards to answer the questions below.

a. Rank the following foods from the most to the least amount of saturated fat per serving.

1 Cream Cheese    4 Salmon    5 Sunflower Seeds    3 Sausage    2 Bacon

b. List three foods from the “Fats & Oils” photo cards that also are included in the Protein group:

1. Salmon
2. Walnuts (or mixed nuts)
3. Sunflower Seeds

Other possible answers include bacon and sausage. Cheese, while high in protein is dairy.

c. TRUE or FALSE: While cheddar cheese is a food that supplies important nutrients such as calcium and protein, it is also high in saturated fat and should be eaten in moderation.

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