



# Lesson 3: Fat and Sugar

## Fuel Your Body & Brain

# FATS

### Healthy Fats versus Unhealthy Fats

**Monounsaturated Fats**—  
Found in plant-based foods  
including nuts, seeds, and  
some grains and vegetables.

These healthy fats keep  
your heart and other organs  
healthy. These fats can lower  
bad cholesterol and help  
balance blood sugar levels.

**Polyunsaturated Fats**—  
Found in plant-based foods  
including nuts, seeds, and  
some grains and vegetables.

This group of fats offers  
Omega-3s. Omega-3s are  
fats that balance blood  
pressure and keep your  
heart healthy.

**Saturated Fats**—Found in  
animal-based and plant-  
based proteins.

Foods with saturated fat  
include high-fat meats and  
full-fat dairy. Try to limit  
saturated fats to no more  
than one serving per day.

**Trans Fats**—Found in highly-  
processed foods. Eating too  
many trans fats can lead to  
health problems.

Eating trans fats can lead to  
obesity, heart problems and  
other health issues. It is best  
to avoid trans fats.

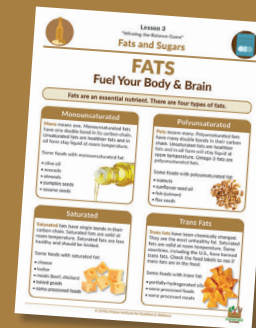
**Fats**—Which food group contains all the foods below? If you  
said, “dairy,” you’re right! Many foods in the dairy group have  
fat. Most fat in dairy foods are saturated fats, so try to limit  
these fats or look for low-fat options.



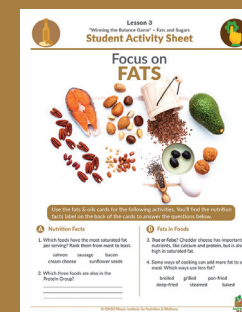
- milk
- cream
- cheese
- yogurt
- whey
- ice cream

### From Paper to Plate Activities this Week

1. How many calories  
from foods with fat do  
you eat in a day? Are  
you  
within  
the  
daily  
range?



2. Complete the  
Focus on Fats  
activity sheet.





## Lesson 3

"Winning the Balance Game" – Fats and Sugars

# Student Activity Sheet



## Focus on FATS



Use the fats & oils cards for the following activities. You'll find the nutrition facts label on the back of the cards to answer the questions below.

### A Nutrition Facts

1. Which foods have the most saturated fat per serving? Rank them from most to least.

salmon      sausage      bacon  
cream cheese      sunflower seeds

2. Which three foods are also in the Protein Group?

---

---

---

### B Fats in Foods

3. **True or False?** Cheddar cheese has important nutrients, like calcium and protein, but is also high in saturated fat.
4. Some ways of cooking can add more fat to a meal. Which ways use less fat?

broiled      grilled      pan-fried  
deep-fried      steamed      baked



## Lesson 3

# "Winning the Balance Game" – Fats and Sugars Student Activity Sheet



## Fact Box — Fats

- Fats are not a food group, but they are an essential nutrient we need each day. Fat benefits our brains, cells and organs. Fats also help balance our body temperature.
- There are four types of fats: "monounsaturated, polyunsaturated, saturated and trans fats. The "mono" and "poly" fats are good fats.
- How much fat we need is based on percents from the calories we eat. The MyPlate guide suggests getting around 25-30% of our total calories from fats. Too many bad fats can lead to clogged arteries and other health problems.

## Action Steps

The list below includes action steps for eating foods with healthy fats and limiting foods with unhealthy fats. Which actions would you be willing to work on? Have your own idea? Let's hear it!

- ✓ Read food labels to check on the types of fats.
- ✓ Use olive oil instead of "partially hydrogenated vegetable oil."
- ✓ Compare fat content in cheeses.
- ✓ Choose fat-free or 1% milk instead of whole milk.
- ✓ My idea for adding more healthy fats to my diet (describe):

---

---

---

## The Details in Your Diet

The Fats Fuel Your Body & Brain poster shares four types of fats. Use the steps on the sheet to add up how much fat you eat in a day.





## Lesson 3

"Winning the Balance Game"

# Fats and Sugars



# FATS

## Fuel Your Body & Brain

Fats are an essential nutrient. There are four types of fats.

### Monounsaturated

**Mono** means one. Monounsaturated fats have one double bond in its carbon chain. Unsaturated fats are healthier fats and in oil form stay liquid at room temperature.

Some foods with monounsaturated fat:

- olive oil
- avocado
- almonds
- pumpkin seeds
- sesame seeds



### Polyunsaturated

**Poly** means many. Polyunsaturated fats have many double bonds in their carbon chain. Unsaturated fats are healthier fats and in oil form will stay liquid at room temperature. Omega-3 fats are polyunsaturated fats.

Some foods with polyunsaturated fat:

- walnuts
- sunflower seed oil
- fish (salmon)
- flax seeds



### Saturated

**Saturated** fats have single bonds in their carbon chain. Saturated fats are solid at room temperature. Saturated fats are less healthy and should be limited.

Some foods with saturated fat:

- cheese
- butter
- meats (beef, chicken)
- baked goods
- some processed foods



### Trans Fats

**Trans fats** have been chemically changed. They are the most unhealthy fat. Saturated fats are solid at room temperature. Some countries, including the U.S., have banned trans fats. Check the food labels to see if trans fats are in the food.

Some foods with trans fat:

- partially-hydrogenated oils
- some processed foods
- some processed meats







## Lesson 3

"Winning the Balance Game"

# Fats and Sugars



# FATS

## Fuel Your Body & Brain

### Find Your Options with Healthier Fats



Opt for grilled chicken instead of deep-fried.



Choose a baked potato instead of French fries.



Roasted chickpeas offer a healthier option and crunch than processed, flavored corn chips.



Swiss cheese has less fat than cheddar cheese. Look for low-fat options for even less fat.



### Adding Up Fats

Circle the fats that are unsaturated.

shortening

lard

canola oil

margarine

butter

cream cheese

olive oil

coconut oil

sesame seed oil

ghee

Amounts matter. Count your fats in calories.

To count how much fat you are eating, add up the calories from all your foods in one day.

For an average 2,000-calorie day, you should get between 200 and 300 calories from foods that contain fats. How did you do?