



## Lesson 3: Fat and Sugar



# Fuel Your Body & Brain with 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?

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### 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



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# 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):

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## 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.





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"Winning the Balance Game"

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# 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







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# 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

canola oil

butter

olive oil

sesame seed oil

lard

margarine

cream cheese

coconut 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?