

Fat In Foods

Materials

- A large brown paper bag
- Cooking oil
- Water
- Various foods



Procedure

1. Cut open the bag and lay it flat on a dry surface.
2. Rub some water on a small spot on the bag, label it "water", and allow it to dry.
3. Rub some cooking oil on another spot on the bag and label it "oil". Hold the bag up to the light and notice the difference between the two spots. The transparent effect of the oil spot will not disappear after drying, yet the wetness of the water spot never really gets transparent. These are your reference spots. The oil is mostly all fat, while the water has no fat content.
4. Choose one food at a time and rub it on different spots on the bag, labeling as you go. Which foods have little or no fat, which have some fat, and which have the most? The closer the spot resembles the oil spot, the more fat it contains.
5. Suggested foods to try: bacon, cheese, butter or margarine, chopped nuts, bread, apples, raisins, lettuce, potatoes, hamburger, milk.

Fats are a necessary part of our diet. They contain twice as much energy as carbohydrates. Some fats cannot be manufactured by our bodies and we need to get them through our diets to stay healthy. These fats contain essential fatty acids. However, too much fat in our diet can clog our arteries, cause obesity, and produce other undesirable effects. The goal is to be aware of how much fat we are consuming and strive for moderation.

