

Name:..... Date:.....

## Fat in food

Fat is found in foods we eat. The amount of fat in foods is very different – some have high fat, others have low fat, or somewhere in between. This activity helps you think about the amount of fat in the foods you eat.



### What you do

1. Write down the names of five foods you think are 'high fat'

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2. Write down the names of five foods you think are 'low fat'.

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3. Describe the evidence which makes you think the foods are high fat and low fat.

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### Questions

Use the **Fat in food information table** showing the percentage of fat in some foods to answer the questions.

1. How do you decide if foods are high or low in fat? Discuss what percentage of fat should be called 'high' and what should be called 'low'?

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## Fat in food

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2. Go back to your lists - check to see if your foods are 'low' or 'high' in fat.

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3. Use the table to find five foods which an overweight person should eat.

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4. Use the table to find five foods best for someone who needs to put on weight.

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5. The **Fat in food information** table shows only a few foods - what main foods are missing?

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6. Would a vegetarian eat less fat than a meat-eater? Use numbers from the **Fat in food information table** to find out.

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7. What does it mean when a label reads '85% fat free' or 'low fat'? Can we trust these?

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