Student Name:

Period:

**Learning About Fat**

**Station #1: How much fat is in that?**

The 2000 calorie plan that is recommended by USDA allows for 6 teaspoons of oil a day. %10 percent of your total calories should come from fat or about 22 grams of fat **PER day**.

**Formula to figure out the percent of calories from fat:**

1. Take grams of fat and multiply by 9 calories
2. Divide by total calories
3. Multiply by 100

**Use the formula above to calculate the percentage of fat in the following foods: (Show your work)**

**HONEY GRAHAMS**

Serving size- 2 crackers

Calories- 130

Protein- 2 grams

Carbohydrates- 22 grams

Fat- 4 grams % of calories coming from fat\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COOKIE BARS**

Serving size- 2 crackers

Calories- 170

Protein- 1 gram

Carbohydrates- 22grams

Fat- 8 grams % of calories coming from fat\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DORITOS**

Serving Size- 11 chips

Calories- 140

Protein- 2 grams

Carbohydrates- 17 grams

Fat-7 grams % of calories coming from fat\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Station #2: Matching the fat to the food.**

Glass #1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Glass #2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Glass #3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Glass #4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Glass #5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Glass #6\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Identify at least 3 things that influence how much fat is in these food items.

**Station #3: Do I really need to drink nonfat milk?**

Task: Compare the fat content between the different types of milk and answer the following questions.

Skim Milk- 80 calories and 0 grams of fat per 8 ounce serving

1% Milk- 100 calories and 2.5 grams of fat per 8 ounce serving

2% Milk- 120 calories and 4.5 grams of fat per 8 ounce serving

Whole Milk-150 calories and 8 grams of fat per 8 ounce serving

So if a teen went from Whole Milk to 1% and typically drinks 3 cups of milk a day, how many calories would **he be saving a day**? (Show your work)

**A Week** (Show your work)

**A Year** (Show your work)

Extra Credit: How about if he switched from Whole Milk to Non Fat/Skim? (Show your work)

**Station#4: What makes a healthy meal?**

**Task:** Using the food models provided, create a healthy meal. Your meal must be **nutritious**. You should use Choose My Plate as a guideline.

Healthiest Meal:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Item: | Calories: | Fat: grams & % | Protein: grams & % | #1Vit/Min: name & % | #2 Vit/Min: name & % |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Total Calories:

**Station#5: Oh no! Can I still go out to eat?**

Task: Select 1 of the fast food restaurant menus and answer the following questions for item:

1. Identify 3 of the **healthiest** **entrees** on the menu **based on total fat grams**.

\* \*

\*

2. Identify 3 of the **unhealthiest entrees** on the menu **based on total fat grams** for item.

\* \*

\*

1. **Select 1** of the **unhealthiest entrees** **that was listed above** and **identify 2 changes** that would make the entrée healthier.

**Name of entrée to change:**

**List Changes you could make** (think what could you request for the preparation of the entrée?):

1.

2.

**Station #6: How can I apply this to my life?**

Task: **Select 3 of the tips** and describe below how **you can apply** that tip to your life. What changes do you need to make with your lifestyle to incorporate the tip in your life?

Tip from Choose My Plate Guidelines: \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Changes and how I would I Apply the change to my life:

Tip from Choose My Plate Guidelines: \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Changes and how I would I Apply the change to my life:

Tip from Choose My Plate Guidelines: \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Changes and how I would I Apply the change to my life: