

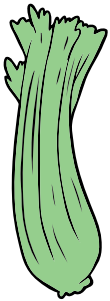
Fat Trap

How much fat is in your food?

Grade Levels: ALL

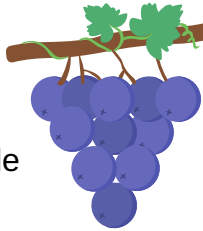
Standard: K.1.2.N, 2.1.7.N, 2.5.2.N

Here at SEEAG, we teach every student that we meet through our Ventura County Child Wellness Initiative (VCCWI) program that there are two types of foods: **always foods** and **sometimes foods**.



Always foods, like apples, celery, grapes, oranges, peas, rice and beans are foods that can be eaten daily.

- Fruits contain natural sugars that won't stick our teeth.
- Always foods also contain essential nutrients like vitamins and protein, plus they provide us with the energy that we need to get through the day.



Sometimes foods, like lollipops, sugary sodas, cookies, chips, pizza, and cakes are foods that should be eaten only a few days a week.

- Sugary treats like lollipops, sodas, cookies and cakes contain processed sugars that stick to our teeth and can cause cavities to form.
- Eating too many sometimes foods can lead to health issues because these food choices don't provide our bodies with the nutrients and protein that our bodies need to stay healthy.

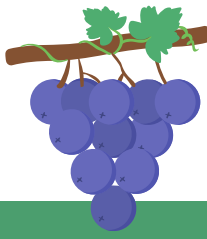


You most likely already practice good eating habits (most of the time), but it's a lot more fun to see with your own eyes why sometimes foods aren't the best to eat everyday. Try this experiment using some of your favorite sometimes foods and always foods. Over the course of a few days the sometimes foods will reveal what they are hiding inside that makes them unhealthy for us to eat everyday.

Materials:

- Paper Bags (grocery store paper bags work well)
- 2-3 Always Foods
- 2-3 Sometimes Foods
- Pen or sharpie for labeling the bags
- Scissors for cutting the bags (if using large paper bags)

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Instructions

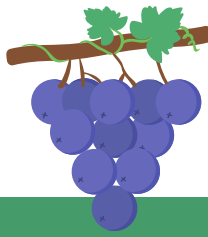
Step 1: Cut out 4-6 rectangle shaped pieces of paper bag. Cut paper bags to about the size of a half sheet of paper.

Step 2: Place a small portion of each "always food" and "sometimes food" on its own paper bag.

Step 3: Draw a large circle on each paper bag around each food item. Try to keep the circles close to the same size on each bag.



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Instructions:

Step 4: Check the bags after 24 hours. There should be oil markings in the circles on the paper bags that had your sometimes food choices on them.



Discussion:

Oil markings are an indicator of fat content in food. The larger the oil marking, the more fat in the food. While fats are good for our bodies in small portions, eating too many fats can lead to health issues. Making good, healthy food choices will give you the energy you need to do well in school, play hard, and stay healthy.