

Supplemental Activity: Go Fat and Slow Fat Snacks

Nutrition Lesson Supported:

- Go Fats and Slow Fats

Supplies Needed:

- 4.3_SW_Go-and-Slow-Fats-Worksheet

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 minutes to complete assignment

Audience (grades): 4th

Common Core Standards Taught:

Mathematics:

- Measurement and Data
 - A.2 Use the four operations to solve word problems involving distances, intervals of time, liquid volumes, masses of objects, and money, including problems involving simple fractions or decimals.
- Operations and Algebraic Thinking
 - A.3 Solve multistep word problems posed with whole numbers and having whole-number answers using the four operations, including problems in which remainders must be interpreted.

Background: Nutrition labels do not always list unsaturated fats. The amount of unsaturated fats in the item can be determined by subtracting the grams of saturated fats from the total fat. Mostly saturated fats are found in plant foods and unsaturated fats are found in animal foods, but this is not always true and the nutrition label should be used to determine the fat content.

Lesson:

This month we learned that fat is important because it gives us energy, helps us feel full, and keeps our skin and nerves healthy. Some fats, however, are better than others.

What are the three fats that we talked about? (*Unsaturated, saturated, trans fat*)

Which is a Go fat? (*Unsaturated, it starts with a 'u' meaning this fat is for you*)
In what foods do we find unsaturated fats? (*Mostly plant foods, olive oil, nuts and seeds*)

Which fats do we want to eat small amounts of or have as a once-in-a-while food?
(*Saturated, "s" is for slow and trans fat, "t" is for trouble*)

In what foods do we find saturated fats? (*Mostly animal foods, steak, chicken skin*)

In what foods do we find trans fats? (*Processed foods such as crackers and cookies*)

There is no exact rule to know what type of fat is in a food. So, where can we look to know exactly which fat is in a food you are going to eat? (*Read the nutrition label and ingredient list.*)

When you are reading nutrition labels, remember that a go food should have less than 10% of the *Daily Value* for saturated fat.

Sometimes *trans* fats are not found on the nutrition label so we need to look at the ingredient list for the words "partially hydrogenated". A food with partially hydrogenated oil has *trans* fats.

Remember, we should try to eat mostly unsaturated fats. These are Go fats that give us energy and keep us healthy. Saturated fats and trans fats are Slow fats that we should once in a while.

Go and Slow Fats Worksheet – Answer Key

SNACK #1:

Amount Per Serving		
Calories	170	Calories from Fat 70
<hr/>		
		%Daily Value*
Total Fat	8g	12 %
Saturated Fat	2.5g	12 %
<i>Trans</i> Fat	1.5g	

a) How many total grams (g) of **Slow** fats are in this food?

$$2.5 \text{ g} + 1.5 \text{ g} = 4 \text{ g}$$

b) If Sam has two servings of this food, how many grams (g) of **saturated fat** will he eat?

$$2 \times 2.5 \text{ g} = 5 \text{ g}$$

c) According to the fat content of this food, is this a healthy snack for Sam? Why or why not?

This is a once-in-a-while food. This food contains more than 10% of the daily value for saturated fats and also contains trans fat.

SNACK #2:

Amount Per Serving		
Calories	170	Calories from Fat 50
		%Daily Value*
Total Fat	6g	9 %
Saturated Fat	1.5g	7 %
<i>Trans Fat</i>	0g	

Ingredients: partially hydrogenated oil

a) How many grams (g) of the total fat are NOT saturated fats?

$$6\text{g} - 1.5\text{g} = 4.5\text{g}$$

b) If Sam has $\frac{1}{2}$ of a serving of this food, how many grams (g) of **total fat** will he eat?

$$\frac{1}{2} \times 6\text{g} = 3\text{g}$$

c) Does this food contain any **trans** fats? How can you tell?

Yes. Although the nutrition label says 0 g trans fats, the ingredient list says “partially hydrogenated oil.” Food companies are not required to list trans fats on the label unless it contains 0.5 g or more.

d) Based on the fat content of this food, is this a healthy snack for Sam? Why or why not?

This snack has less than 10% of saturated fats, so it is a Go food. Since it contains trans fat, it is important to take small portions or one serving size. One serving will have less than 0.5g of trans fat. If you eat two or more servings the trans fat will increase to possibly one or more grams, since trans fat is “trouble” or Slow fat it is important to consider serving size.

e) If this food has 0.4g of trans fat per serving and you eat three servings, how many grams of trans fat are you eating?

$$0.4 \times 3 = 1.2\text{g of trans fat}$$

Snack #3

Amount Per Serving		
Calories	120	Calories from Fat 35
		%Daily Value*
Total Fat	3.5g	6 %
Saturated Fat	0.5g	3 %
<i>Trans Fat</i>	0g	

a) Does this food contain more **Go fats** or **Slow fats**?

Mostly Go fats.

b) If Sam eats **two** servings of this food, how many total grams (g) of saturated fat will he eat?

2 x 0.5 g = 1 g

c) Based on the fat content of this food, is this a healthy snack for Sam? Why or why not?

Yes. This food contains less than 10% of the daily value for saturated fat. It also does not have any trans fats.