

# STUDENT WORKSHEET

## ACTIVITY 1: GET THE FACTS ABOUT FATS! – INTERACTIVE LABEL RESEARCH

Name \_\_\_\_\_ Date \_\_\_\_\_ Class/Hour \_\_\_\_\_

The Interactive Label website has some great information to help you make healthier choices. This activity will help you learn more about fats.

1. Open up the link below, click on the Fact Sheets tab, and read the following Fact Sheets: Monounsaturated and Polyunsaturated Fats; Saturated Fat; *Trans* Fat.
2. When you finish reading the Fact Sheets, complete the table and the questions that follow.

Use information found at this link to complete this chart: [www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/](http://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/)

Kind of Fat	Health Benefits	Health Risks	Sources	Characteristics
Saturated				
Monounsaturated				
Polyunsaturated				
<i>Trans</i>				

1. Fat is called the best source of energy. Why? \_\_\_\_\_  
\_\_\_\_\_
2. How is the amount of energy that you get from fats different from the amount of energy that you get from proteins and carbohydrates? \_\_\_\_\_  
\_\_\_\_\_
3. Why are fats important for proper growth and health? \_\_\_\_\_  
\_\_\_\_\_
4. What are the major sources of fats in the diet? \_\_\_\_\_
5. To reduce the amount of saturated fat in your diet, which foods would you limit and why? \_\_\_\_\_  
\_\_\_\_\_
6. Create a Venn diagram to compare and contrast saturated and unsaturated fats. (Use a blank sheet of paper if needed.)
7. Explain the differences in carbon bonds in saturated fat, monounsaturated fat, and polyunsaturated fat. \_\_\_\_\_  
\_\_\_\_\_
8. What are typical food sources for cholesterol? What kind of fats do these same foods typically have more of? \_\_\_\_\_  
\_\_\_\_\_
9. At the beginning of this activity, you were asked if you thought most Americans consumed too much fat. Based on what you have learned about fats in this lesson, what is your opinion now of this statement? Explain the reasons for your opinion.  
\_\_\_\_\_  
\_\_\_\_\_