

STUDENT WORKSHEET

ACTIVITY 2: GREASE SPOT TEST

Name _____ Date _____ Class/Hour _____

GREASE SPOT TEST DATA TABLE

For each sample food tested, record its name, your prediction for its fat content, and your observations.

Food Tested	Prediction	Fat Present: Yes or No	Amount of Fat Present

1. Before doing this test, what evidence was there that any of the foods contained fat? _____
2. Which foods did you predict would contain fat? _____
3. How did you ensure that all foods were tested equally? _____
4. Why was butter included as one of the test items? _____
5. Why was water included as one of the test items? _____
6. What does the size of the grease spot tell you about the amount of fat in the food? _____

7. Do the results of this test indicate what kind of fat is found in the foods? Why or why not? _____

8. How else could you determine which kind of fat is present in the food? _____

9. Compare your results with your predictions. What surprises did you find, if any? _____

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ACTIVITY 2: GREASE SPOT TEST (CONTINUED)

Name _____ Date _____ Class/Hour _____

Comparison of Food Samples Tested Using the Nutrition Facts Label

Food Sample	Serving Size (g)	Saturated Fat (g), %DV	<i>Trans</i> Fat (g)	Cholesterol (mg), %DV	Mono unsaturated Fat (g) (if shown)	Poly unsaturated Fat (g) (if shown)	Total Fat (g), (% DV)

1. Look at the Nutrition Facts label for the foods that you tested. Were there any foods that contained fat that did not test positive for fat?

2. Why do you think this happened? _____
3. Why is it important to know about the amount and kind of fats in food? _____
4. Which food tested was lowest in:
 - a. Saturated fat? _____
 - b. Unsaturated fat? _____
5. Which food tested was highest in:
 - a. Saturated fat? _____
 - b. Unsaturated fat? _____
6. Why is there no %DV for *trans* fat? _____
7. Look at the Nutrition Facts label. Under which category are saturated and *trans* fat listed? Why are they included in this category?

8. Why is it important to have controls in the grease spot test? Which factors did you control in this test? _____
9. What determines if a fat is solid or liquid at room temperature? _____
10. If a fat cannot be directly observed in a particular food, how can you determine if the food contains fat? _____
11. How would you define "healthy fat"? _____
12. Which chip dip did you choose, and why did you choose it? _____