

# Fat Kits Worksheet

Food item \_\_\_\_\_

Look at the Nutrition Facts label. What is one serving? (number, cups, ounces, etc.)

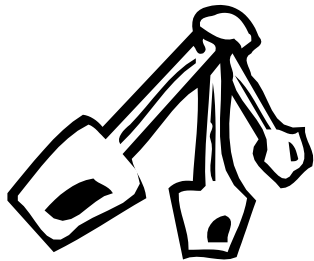
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Look at the Nutrition Facts label. How many total grams of fat are in one serving?

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You will need two clear plastic, sealable bags. In one bag, place one serving of the food item. You may have to measure, count or weigh the food. In the second bag, put measured shortening to show the amount of fat in that serving.

One tablespoon shortening has about 11 grams of fat. We will round up to make it easier to measure. Use the following table to measure shortening to equal the grams of fat in one serving of your food. Measure shortening by pressing it into the measuring spoon and leveling the top.



- 1 tablespoon = 12 grams of fat
- 1 teaspoon = 4 grams of fat
- $\frac{1}{2}$  teaspoon = 2 grams of fat
- $\frac{1}{4}$  teaspoon = 1 gram of fat

Example: For 7 grams of fat, measure 1 teaspoon,  $\frac{1}{2}$  teaspoon and  $\frac{1}{4}$  teaspoon of shortening.

Tape the food label to a piece of heavy paper about 8" X 10". Staple the two plastic bags onto the paper with the food bag on top of the fat bag. Staple through the top of the bag above the seal to keep the shortening from leaking.

Share your findings with the rest of the class.

