Your task is to find:

A bag of potato chips from a convenience store.

Now that you’ve found your item, do the following:

1. Read the label on the package to see how many servings are in the bag. Usually one ounce is one serving.
   Number of servings _____

2. Divide the bag into the number of servings listed and place each serving on a paper plate.

3. Read the label and find grams of fat for each serving
   Grams of fat in each serving _______

   Multiply this by the number of servings you wrote down in #1 for the total fat in the whole package ________

4. Using this chart, measure the fat in the serving with shortening and measuring spoons. Measure into a clear plastic bag using the bag to remove the shortening from the spoon.

   12 grams of fat = 1 Tablespoon of shortening
   4 grams of fat = 1 teaspoon of shortening
   2 grams of fat = ½ teaspoon of shortening
   1 gram of fat = ¼ teaspoon of shortening

Example: 13 grams of fat would be 1 Tablespoon and ¼ teaspoon of shortening.

Share what you discovered.

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