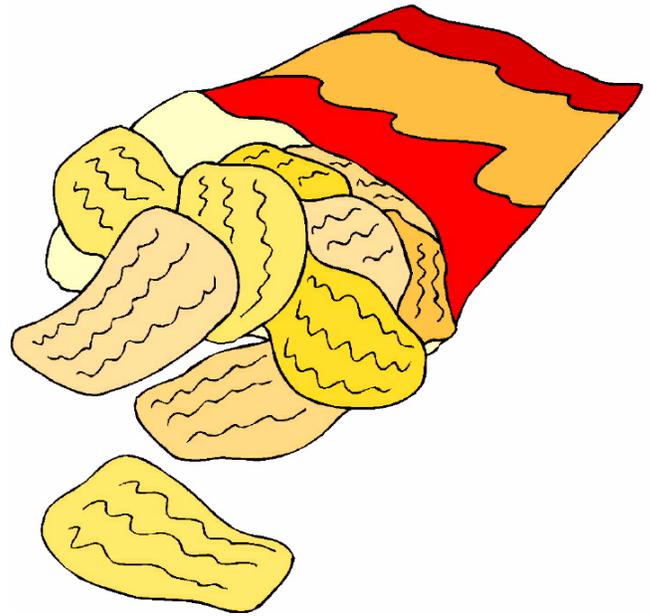


Your task is to find:

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 = $\frac{1}{2}$ teaspoon of shortening

1 gram of fat = $\frac{1}{4}$ teaspoon of shortening

Example: 13 grams of fat would be 1 Tablespoon and $\frac{1}{4}$ teaspoon of shortening.

Share what you discovered.