



Your task is to find:

A microwave-able package of popcorn (pop before leaving the store). Or a large bag of already popped popcorn.

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

1. Read the label on the microwave bag to see how many servings are in the package.
2. Divide the popcorn into the number of servings listed. Place each pile or serving piece onto a paper plate. For already popped corn, a serving is 3 cups of popped popcorn. Use a measuring cup and put one 3-cup serving on each 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 _____

For already popped corn, figure 9 grams of fat for each 3-cup serving.

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: 9 grams of fat would be 2 teaspoons plus $\frac{1}{4}$ teaspoon of shortening.

The amount of fat in popcorn depends on how it is cooked (oil or air popped) and how much butter is added after popping. Popcorn can be a low-fat snack if air-popped with no butter added.

Share what you discovered.