



FATS

OBJECTIVES:

- Understand the difference between “good” and “bad” fats
- Understand why “good” fats are beneficial to your health and “bad” fats are harmful to your health

LET'S GET STARTED! (10 MINUTES):

- Explain what “good” and “bad” fats are
- Identify and explain saturated and unsaturated fats
- Identify examples of foods with good fats and foods with bad fats

STORY (15 MINUTES):

- Read the story about Boss and his buddies at the fair learning about different types of fat that come in our food

WRAPPING UP (5 MINUTES):

- Remind students of the types of good and bad fats and how they affect health



LET'S GET STARTED!

- This week we are going to talk about fats! Ask students if they can give examples of food that have fats in them. Explain how fat is actually a very important part of the diet, and discuss what is considered a “good” fat and what is considered a “bad” fat.

DIALOGUE BOX

- Can anyone name something that has fat in it?
- Most people think fats are really bad for you and you should avoid them, and that is true sometimes, but there are actually some fats that are good for you!
- “Good” fats are what we call unsaturated fats. If you look on a food label, you might see this under the fat section. Unsaturated fats are good for you because they help keep your heart healthy and they can also help your brain function.
- “Bad” fats are what we call saturated fats and trans fats. You can also find these on food labels under the fat section. These fats are bad for your heart and can increase your risk of heart disease.

Explain that fats should always be eaten sparingly. Explain good fats being in Slow foods and bad fats mostly being in Whoa foods.

DIALOGUE BOX

- Foods with lots of fat should always be eaten sparingly, even if they are good fats. Go foods can be eaten all the time because they have little to no fat in them!
- Most foods that have good fats in them are Slow foods, like nuts and fish. They are good for your health, but you still wouldn't want to eat them for every meal every day!
- Most foods that have bad fats in them are Whoa foods. They usually don't have a lot of other nutrients and are not very healthy for you, so you should not eat them very often.

STORY

- Read the story about Boss and his buddies at the fair learning about different types of fat that come in our food

WRAPPING UP

- Ask if there are any questions about fats.
- Remind the students of good and bad fats. Unsaturated fats are healthy for their brains and heart.

Boss and his Buddies at the Fair

Every year, there is a fair that comes to town, and Boss and his friends all go to it! They love everything about the fair, and look forward to it every year! They get everything from cotton candy to a candy apple, and a corn dog to a funnel cake! They try it all! Usually, each friend gets one thing and they all try and share with one another since none of them could eat all of that food alone! This year, Boss' parents took them all to the fair, and they ran to wait in line for one of their favorite rides! After an hour of riding the rides, they started getting a little hungry. Boss said, "Would anyone like to take a break from the rides and go get some food? I am starting to get hungry!" All of Boss' friends agreed. So, they went to one of the stands that had all kinds of food, and waited in line for the man to take their order. Boss and his friends got a candy apple, cotton candy, a corn dog, and some popcorn. When they walked to the table, one of Boss friends said, "All of this food looks so good! Good thing we only do this once a year because there is a lot of fat in the foods we picked out!" Boss said, "What exactly is fat?" Boss friend Sally explained saying, "Fat is similar to calories in the way that it is in most foods. The difference is that calories are in almost every food, but fat is only in some foods! Fat can also come in many different forms! There are good fats that comes from things like olive oil and nuts, and there are bad fats that come in foods like cookies and chips! The foods we all got from the fair tonight are examples of bad fats!" Boss looked confused and asked, "So should we not eat any of the food we just got?" Sally quickly responded saying, "Oh no! The fair only comes once a year! We do not eat like this every day which is good! So, it is okay to have a treat every now and then!" Boss asked, "Well what happens if you eat too much fat?" Boss friend replied, "If you eat too much fat, then it is possible that you may gain some weight, which will make you feel tired and sluggish! It is very similar to calories in that way! Getting too much or too little fat could mess up your body! You do need a little good fat in your body though to keep you healthy! These good fats come in the form of olive oil, butter, nuts, and even avocados!" Boss asked, "How would you get fat from oil though? We do not eat oil like we eat everything else!" Sally thought for a minute and then said, "You can get the good fat from these oils by cooking with it or putting it on a salad! When your parents cook food in the oven, on the grill, or on the stove, I am sure they use some type of oil to put on it! Next time you are home and see one of your parents cooking dinner, ask them to show you what oil is and how you use it! I am sure they would love to teach you about cooking healthy with different oils!" Boss said, "I am definitely going to ask my mom next time she's cooking! Maybe she will even let me help her! I am so happy you taught me about good fats and bad fats, and how I can get them through the foods I eat! I am also glad that it is okay to eat bad fats, like this candy apple and popcorn, every once in a while!"

