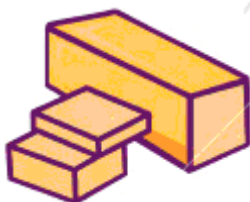




Activity #8 Good Fat/Bad Fat

Instructions: Draw a green circle around the foods that contain good fats and a red square around the foods that contain bad fats.

1.



Butter



Olive oil

2.



Fish



Steak

3.



Pizza



Peanut butter

4.



Ice cream

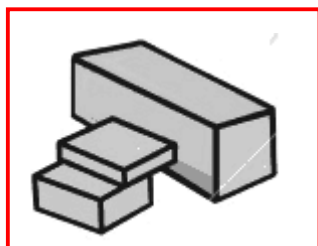


Avocado

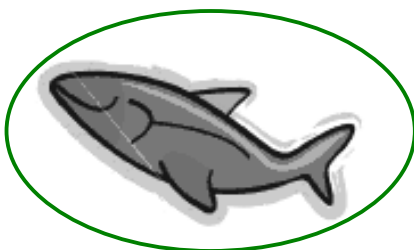


Activity #8
Good Fat/Bad Fat
ANSWER KEY

1.



2.



3.



4.

