



Lesson #8 All About Oils

Time Table

Total Time: 30 minutes

- 2 Minutes: Introduction to Lesson
- 15 Minutes: PowerPoint Presentation/ Lesson
- 10 Minutes: Activity: *Good Fat/Bad Fat*
- 3 Minutes: Explain Take Home: *Healthy Fats*

Goal: Discuss with students the importance of getting a small amount of healthy fats in their diet and how to avoid foods high in saturated and trans-fat.

Objectives:

Students will:

- Understand the importance of fat in the diet
- Learn good sources of healthy fat
- Learn what foods contain bad (saturated & trans) fat

Materials:

- Lesson:
 - *Fit4Kidz Choose My Plate* teacher reference
 - *Bad Fat Burger* teacher reference
- Activity:
 - *Good Fat/Bad Fat* student activity worksheet
 - *Good Fat/Bad Fat* teacher answer key
 - Crayons or markers
- Take Home: *Healthy Fats* handout

Instructions:

1. Begin the lesson with a quick review of last week's *Dairy and Calcium* lesson by asking students to share what new dairy foods they tried in the past week.
2. Tell students that this week's lesson focuses on that dreaded term "fat" and despite what they may have heard, not all fat is bad.
3. Display the *Fit4Kidz Choose My Plate* and review the different food groups that are represented by each color:
 - Orange = Grains
 - Green = Vegetables
 - Red = Fruits
 - Blue = Dairy/Milk
 - Purple = Meat and beans
 - Yellow = Oils

Remind students that the reason the yellow listed here is not listed on the Choose My Plate as you should only eat a small amount of fats and oils compared to the other food groups.

4. Ask students to tell you what kind of foods they think of when they hear the word fat. Student may respond with high fat foods such as pizza, hamburgers and French fries.
 - Explain that there are both good fats and bad fats.
 - Some foods that contain good fat are fish, nuts, avocado, and oils such as olive oil, canola oil and vegetable oil.
 - Some foods that contain bad fat are regular cheese, whole milk, butter beef, bacon, sausage, cookies and doughnuts.
 - Write these foods on a chalk or dry erase board under one column titled "good" and the other column titled "bad".
 - Suggest that instead of eating regular cheese, whole milk and beef or pork products; they can eat low-fat cheese, low-fat milk, and lean meats such as chicken, turkey or fish for good fats.
 - Show students the *Bad Fat Burger* teacher reference and ask them to point out which parts of the burger contain bad fats. Students should respond with the beef hamburger patty and regular cheese. Then ask them what they could substitute for these bad fat foods to get a tasty burger that's healthier for you.
 - Suggestions:
 - Substitute beef patty for veggie burger, salmon burger, turkey burger or grilled chicken breast
 - Substitute regular cheese for low-fat cheese
5. Explain to students that a little bit of good fat is important to have in your diet because it:
 - Allows your body to grow and develop like it should.
 - Provides fuel for the body.
 - Helps some vitamins be absorbed in your body.
6. **Activity:** Have students complete their *Good Fat/Bad Fat* activity worksheet.

Activity:

Pass out the *Good Fat/Bad Fat* activity worksheet. Have students use markers or crayons to draw a circle around the foods that contain good fats and draw a square around the foods that contain bad fats. This activity focuses on the importance of getting fats and oils from good sources.

After students have completed this activity, go over the correct answers with them. Collect student's activity sheets and put them into the student's personal *Fit4Kidz Folders*.

Take Home:

Pass out the *Healthy Fats* handout with recipes for the students to bring home and use with their parents.

For further reference, students and families can visit www.fit4kidz.us.

Bad Fat Burger

Which ingredients in this cheeseburger contain bad fats?





Take Home #8 Healthy Fats

Dear Parents,

Today we discussed the importance of getting a small amount of healthy fats in your child's diet. We emphasized that not all fats are bad and highlighted some sources of good fat (monounsaturated fats and omega-3 fatty acids) and some sources of bad fat (saturated and trans fat). Below is a list of some sources of good fat and bad fat. Try to fit some of these good sources into your meals at home!

Good Fat	Bad Fat
Fish Nuts Seeds Avocados Olive oil Corn oil Canola oil Soybean oil	Regular cheese* Whole milk* Butter Ice cream Marbled cuts of meat Bacon Sausage Cookies Doughnuts

*Note: Cheese and milk are good sources of calcium. Try low-fat or non-fat versions for a healthy source of calcium!

Here are some fun, healthy-fat recipes to make at home with your kids!

Green Monster Goodness

makes 6 servings

2 large ripe avocados
 7 oz tub of hummus
 Pinch of salt
 Squeeze of lemon juice



Blend avocados with hummus. Add pinch of salt and squeeze of lemon. Serve with whole grain pita chips, celery or carrot sticks.

Sea of Apples Sandwich

makes 3 servings

6 oz can tuna, packed in water
 1 apple, diced
 1 stalk celery, diced
 1 tablespoon canola oil mayonnaise
 6 slices whole wheat bread



Combine tuna, apple, celery and mayonnaise in small bowl. Mix well. Spread mixture on bread.