

Fun Fat Facts

3-5

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Objectives

Students will be able to:

- Name foods containing solid fats and oils.
- Identify the differences between solid fats and oils.
- Explain at least two benefits of consuming fats.

Standards Met

SL.2.2. Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.

C.10. Writing literary and informational texts to present, describe, and explain ideas and information, using appropriate technology.

C.11. Supporting own opinions and evaluating others' opinions in speaking.

Overview of Solid Fats and Oils

Did you know? We need fats for brain development and functioning; to keep our skin smooth and our hair shiny; to cushion and protect our organs from injury; and to regulate our body temperature. Fats also provide us with energy in the form of calories. They contain more than double the calories of carbohydrates and proteins. This is why we should be mindful about the portion size of the fat-rich foods we eat.

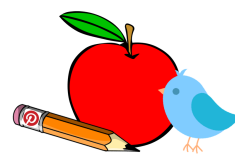
Fats are found in many foods from meat, to nuts, to salad dressings and even avocados. We can distinguish between two different types of fats in food: solid fats and oils. Solid fats are mainly found in animal sources, are usually solid at room temperature and don't contribute many health benefits. In fact, eating too many solid fats may increase heart disease risk. Examples of solid fats include meat fat, chicken fat, pork fat and dairy fat.

Oils are mainly found in plant sources such as vegetable oils, nuts and seeds. A non-plant source of oils include fatty fish and fish oil. Most oils are liquid at room temperature. Eating oil-rich foods in moderation may help lower heart disease risk. Examples of foods containing oils include peanut butter, avocado, olives, and salad dressings.

In general, it is recommended to keep fat intake between 20-35% of your daily total calorie intake. This estimate is based on a 2,000 calorie diet. Additionally, solid fats (also known as saturated fats) should not exceed 7% of your daily total calorie intake.

For more information on solid fats and oils, go to:

www.mentorprojectfiu.com



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USDA United States Department of Agriculture National Institute of Food and Agriculture

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Make The Connection

Materials

- Worksheet: Fun Fat Facts for Grades 3-5
- Supplemental Material: What Are Fats?

Using the worksheet titled **“Fun Fat Facts” for Grades 3-5**, help students understand the role of fats in our diet and health and identify foods rich in fats.

Ask students to name their favorite foods and list them on the board. You can ask students what they enjoy about those particular foods. Look for keywords such as taste, texture, smell, color, etc. Explain that animal and plant foods contain nutrients that are essential for our health, including fats.

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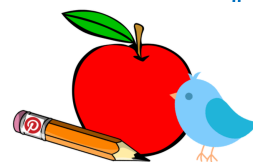
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Ask students about some of the things they have heard about fats in food. It is important to clarify that fats are an important part of a healthy diet. Explain that fats promote brain development in the early years of life, they give us energy, improve our skin and hair health, cushion and protect our organs from injury, help us absorb certain vitamins, and help keep our bodies warm in colder weather. Mention that fats are higher in calories than other nutrients and, for this reason, we should be mindful of the portion size of fat-rich foods that we eat.

Next, mention that we can differentiate between two types of fats: solid fats and oils. Fats that usually come from animals are called solid fats and they are usually solid at room temperature. These fats, if eaten in excess, could increase risk of heart disease later on in life. On the other hand, oils come from plants and fish and can be beneficial for our health if eaten in moderation. Provide some examples of each type of fat in the board. For more information, refer to the supplemental material **“What Are Fats?”**

Next, do an overview of the **“Fun Fat Facts” worksheet for Grades 3-5**. For this home activity, students are to research online (they can visit www.mentorprojectfiu.com and www.choosemyplate.gov) facts about fats and provide answers that present a full idea, follows a logical sentence structure and includes proper grammar. Emphasize that they should read the information on fats and provide an answer based on what they understood; they should not copy the information directly from a website. As an example, you can demonstrate on the board how to paraphrase an answer to the question **“What Are Fats?”** based on the information presented in the **“What Are Fats?”** supplemental sheet.

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Supplemental Material

For the Teacher: What Are Fats?

Fats are one of the six essential nutrients that make up a healthy diet. Fats give us energy, regulate our body temperature and support our health.

What Are Solid Fats?

Solid fats are fats that are usually solid at room temperature. They mainly come from animal foods. Solid fats contain more saturated fats and *trans* fats. Tropical oils, such as coconut oil, are also high in saturated fats. Saturated fats and *trans* fats tend to raise low-density lipoprotein cholesterol (LDL or “bad” cholesterol) levels in the blood, which in turn may increase the risk of heart disease.

What Are Oils?

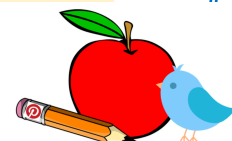
Oils are fats that are usually liquid at room temperature, like the vegetable oils used in cooking. Oils come from plant sources and from fish. Oils mostly contain unsaturated fats, which are classified into monounsaturated and polyunsaturated. Unsaturated fats help lower “bad” cholesterol and raise high-density lipoprotein cholesterol (HDL or “good” cholesterol), which in turn may help reduce the risk of heart disease.

Examples of Solid Fats

- Beef fat (tallow, suet)
- Butter
- Chicken fat
- Coconut oil
- Cream (including whipped cream)
- Hydrogenated oil
- Milk fat
- Palm kernel oil
- Palm oil
- Partially hydrogenated oil
- Pork fat (lard)
- Shortening
- Stick margarine

Examples of Oils

- Almonds
- Avocados
- Canola oil
- Cashews
- Corn oil
- Cottonseed oil
- Hazelnuts
- Mackerel
- Olive oil
- Olives
- Peanuts
- Safflower oil
- Salmon
- Sardines
- Sesame oil
- Soft margarine with no trans fats
- Soybean oil
- Sunflower seeds and oil
- Tuna
- Walnuts



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Fun Fat Facts

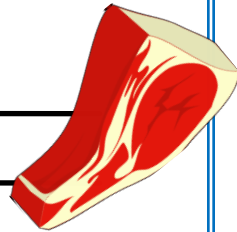
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Home Activity

You should conduct some research online and answer the following questions using your own words. Sentences should present a complete idea and follow a logical sentence structure and use proper grammar.

1) What are fats?

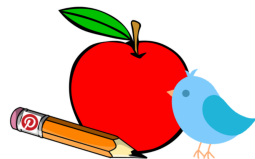
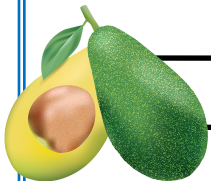
2) What are the two types of fats? Mention two (2) examples of each.



3) What are some benefits of eating fats, especially oils, in moderation?

4) What are some of the risks of eating too much solid fats?

5) Do you consider fats to be an important part of your diet? Explain.



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Answer Key

Home Activity

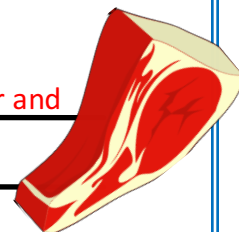
You should conduct some research online and answer the following questions using your own words. Sentences should present a complete idea and follow a logical sentence structure and use proper grammar.

1) What are fats?

Fats are considered one of the six nutrients that constitute a balanced diet. They have more calories than carbohydrates and proteins, and provide benefits to our health.

2) What are the two types of fats? Mention two (2) examples of each.

Fats can be classified into solid fats and oils. Examples of solid fats include butter and beef fat. Examples of oils include cooking oil and fish.



3) What are some benefits of eating fats, especially oils, in moderation?

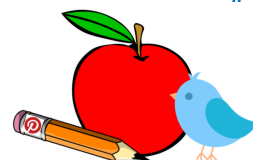
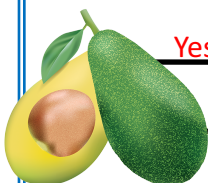
Fats give us energy, healthy skin and hair, organ protection against injuries, regulation of body temperature, among other benefits.

4) What are some of the risks of eating too much solid fats?

The excessive eating of solid fats could increase our chances of developing heart disease later on in life.

5) Do you consider fats to be an important part of your diet? Explain.

Yes, because eating fats in moderation have many benefits to my health and they are part of a healthy and balanced diet.



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