

TOPIC

- Reviewing sources of healthy and unhealthy fats

ESTIMATED TIME

10 minutes

MATERIALS

- Nylon Stoplight display
- Fat flashcards
- Deck of cards, four dice, golf ball

VARIATIONS

Some ‘trickier’ cards are included in the kit such as coconut oil, processed vs natural peanut butter, mayo and potato chips. These can be pulled or included depending on the group.

TIP

- Be prepared to discuss topics such as coconut oil and mono- and poly-unsaturated fats if they come up.

IN ADVANCE

1. Review the “Know Your Fats” handout in the curriculum.

DURING CLASS

1. **ASK:** Have you heard the terms ‘healthy fats’ and ‘unhealthy fats’? What have you heard about them?
2. Display the stoplight, and share that we can divide the different types of fats into three groups; saturated, unsaturated and trans fats. Explain that majority of the fats we eat should be unsaturated (**green light**), fats that we want to limit are saturated (**yellow light**), and we should avoid all trans fats (**red light**).
3. **SHARE:** Fat is an essential nutrient in our diets, and almost all fats contain a variety of saturated and unsaturated fats– but we categorize fats by which type they contain the most of, which is easy to identify by the source of the fat.
4. **ASK:** What do you know about unsaturated or good fats? Validate or correct answers as needed. Point out that unsaturated fats are found mostly in plant and fish products.
5. **ASK:** What do you know about saturated fats? Validate or correct answers as needed.
6. Point out that saturated fats are found mostly in animal products.
7. **ASK:** What foods might fall into the third category of trans fats?
8. **SHARE:** These typically are found in processed foods – although not all processed foods contain trans fats. Explain that you need to examine the ingredients list and look for “partially hydrogenated” as your clue for trans fats.
9. Pass around the fat flash cards and have participants take turns identifying the source of their fat, and fitting it into either the green, yellow or red category on the stoplight display.
10. Visually demonstrate serving sizes for commonly consumed proteins – a deck of cards is 3 oz. of meat, a golf ball is 2 tablespoons of peanut butter, and four dice is 1 oz. of cheese. **SHARE:** Because fat is often a component of protein foods, when we consume more protein foods than are recommended, we risk adding too much fat to our diet.