



Activity Station: Fat Match

Activity Description

Students will learn the types of fats found in common foods eaten and the effect they have on their body and health.

Key Messages

- Fat is an important nutrient in health. It provides energy and helps you to absorb certain vitamins.
- The different types of fats eaten have different effects on health.
- Healthy fats (unsaturated fats) can help lower your risk of disease. Eat healthy fats (unsaturated and omega-3 fats) in small amounts.
- Unhealthy fats (saturated fats) can increase your bad cholesterol, which can increase your risk of heart disease. Limit your intake of these fats.

Materials

- Station Title (print x 1)
- Station Instructions (print x 1)
- *The Low Down on Fats Fact Sheet* (print x 1)
- Printable Appendix: Fat Match Cards (print x 1). Cut each card, and laminate or glue to index cards. Display right side up.
- Answer Key (print x 1). Display upside down.

Set-Up

- Place station title, instructions, fact sheet, and worksheets at the station.
- Place answer key (face down) at the station.
- Place all *Fat Match Cards* face down at the station with the exception of the 4 cards which say the type of fat: Unsaturated Fats, Omega-3 Fats, Trans Fats, and Saturated Fats.
- Use the discussion questions for further class discussion.

Answer Key for Worksheet

Type of Fat	Definition	Food Sources
Unsaturated Fats	<ul style="list-style-type: none">are liquid at room temperaturecan help prevent heart disease and stroke by lowering the bad cholesterol in your blood	Almonds, avocado, margarine, olives, seeds, vegetable oil
Omega-3 Fats	<ul style="list-style-type: none">are a type of unsaturated fathelp to lower the risk of heart disease and strokemay also have other health benefits such as helping with brain development and reducing inflammation in the body	Salmon, walnuts
Saturated Fats	<ul style="list-style-type: none">are hard at room temperaturemainly come from animal sourcesare unhealthy fatscan clog arteries, increase blood pressure and increase risk of heart attack and stroke	Bacon, beef burger, butter, cheese, coconut oil, coffee cream, whipping cream, ice cream, salami, doughnuts

Discussion Questions and Answers

1. Which types of fats are healthy fats?


Unsaturated fats are healthy fats. They can help lower the bad cholesterol in your blood vessels if you eat these instead of foods with saturated fat in the diet.

2. Which foods have healthy fats?

- Olive, canola, safflower, sunflower, peanut oils, and margarines made from these oils.
- Avocados, olives
- Nuts (almonds, pecans, hazelnuts, pistachios, walnuts, almonds, and pecans) and seeds (sunflower seeds and sesame seeds).

3. Which fats are unhealthy?

Saturated and trans fats are unhealthy fats. These fats can clog your blood vessels. Too much unhealthy fat increases your risk of heart disease and stroke.



Trans fats occur naturally in some animal-based foods. Trans fats are created from partially hydrogenated oils and can be present in many packaged foods such as cookies or microwave popcorn. Health Canada has now banned the use of partially hydrogenated oils (trans fats) so they will no longer be present in our food.

4. What are some examples of unhealthy fats?

Lard, fat in beef, lamb, pork or chicken, and higher milk fat (M.F.) milk products.

Supplementary Information and Resources

- [Choosing Foods with Healthy Fats](#)
- [Making Foods with Less Fat and Sugar](#) – handout

Task: Choose a recipe (ex. quick bread) and experiment with using less fat or replacing unhealthy fats with healthy fats.

Appendix: Fat Match Cards

Note for facilitator/teacher: Please cut all cards out individually.

vegetable oil



coffee cream



butter



whipping cream



beef burger



margarine



salmon



almonds



margarine



walnuts



bacon



avocado



coconut oil



ice cream



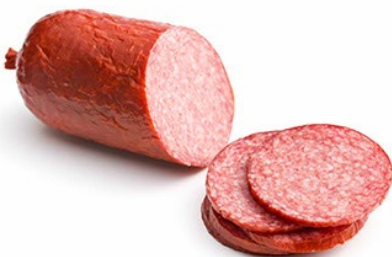
cheese



olives



salami



seeds



muffin



doughnuts



Unsaturated Fats

- are liquid at room temperature
- can help prevent heart disease and stroke by lowering the bad fats in your blood vessels

Omega-3 Fats

- are a type of unsaturated fat
- can help to lower the risk of heart disease and stroke
- may have other health benefits such as helping with brain development and reducing inflammation in the body

Saturated Fats

- are hard at room temperature
- mainly come from animal sources
- are unhealthy fats
- can clog blood vessels, increase blood pressure, and increase risk of heart disease and stroke

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Instructions:

- In this activity you are looking for foods that are sources of these types of fats: Unsaturated Fats, Omega-3 Fats, and Saturated Fats.
- The face down cards include definitions of the types of fats and several food examples for each type of fat.
- One by one flip over the cards and match the definition or example with the correct type of fat to find the 'matches.'

Hint: Look at “***The Low Down on Fats Fact Sheet***”

The Low Down on Fats Fact Sheet

There are different types of fats that have different effects on health. Eating healthy fats can help lower your risk of disease. Healthy fats are called unsaturated fats. They can lower your bad cholesterol in your blood when they replace saturated fat. Foods with these fats:

- Olive, canola, safflower, sunflower, peanut oils, and margarines made from these oils
- Avocados, olives
- Nuts (almonds, pecan, hazelnuts, pistachios, walnuts, almonds and pecans) and seeds (sunflower seeds and sesame seeds)

Omega-3 fats are a type of unsaturated fat. Eating Omega-3 fats can help lower the risk for heart disease and stroke.

The best sources of omega-3 fats are fatty fish such as: salmon, trout, herring, sardines and whitefish. Other sources of omega-3 fats include: ground flaxseed, walnuts, oils/non-hydrogenated margarines made from canola, linseed and soybeans.

Unhealthy fats are saturated and trans fats. These fats can increase the bad cholesterol which can clog blood vessels. Too much bad cholesterol in your blood vessels increases your risk of heart disease and stroke.

Foods with saturated fats include lard, fat in beef, lamb, pork, or chicken and high fat milk products. Limit saturated fats by:

- choosing lean meats with no visible fat
- eating less processed meats like side bacon and salami
- eating less butter and lard
- choosing lower fat cheese (less than 20% Milk Fat) and lower fat milk (skim, 1% or 2%)

Trans fat can occur naturally in some animal based foods. Trans fats are also created from partially hydrogenated oils and can be present in many packaged foods such as cookies and microwave popcorn. Health Canada has now banned the use of partially hydrogenated oils so they will no longer be added to our food.