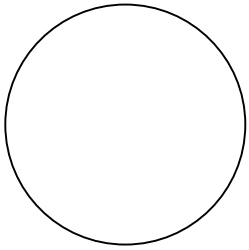
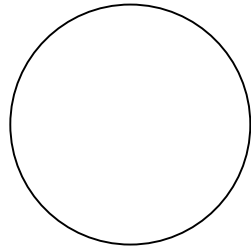


Find the Fat

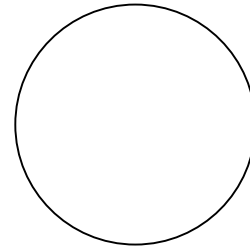
Demonstration Grid



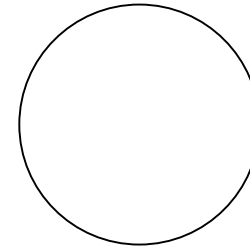
1. \_\_\_\_\_



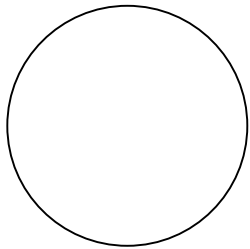
2. \_\_\_\_\_



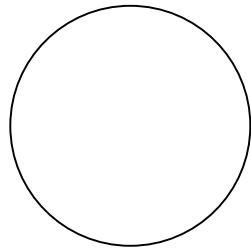
3. \_\_\_\_\_



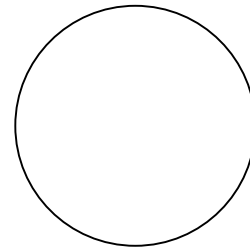
4. \_\_\_\_\_



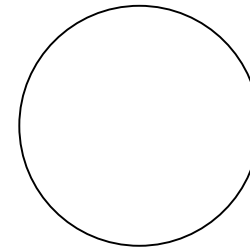
5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_

Workgroup Member Names:

---

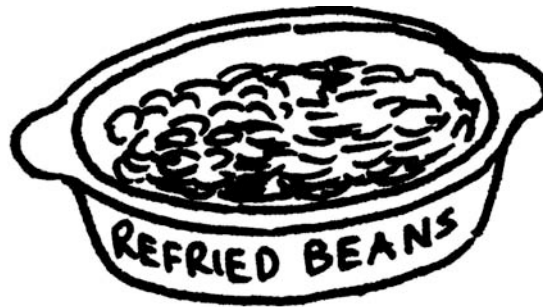
Directions:

1. Work with your group
2. Think about how much fat will be in each food that is being tested
3. Put a check (✓) if you think there will be no fat, some fat, or a lot of fat for each food tested
4. Report your ideas to your class

	FOOD	No fat (paper will be dry)	Some fat (paper will be a little greasy)	A lot of fat (paper will be very greasy)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

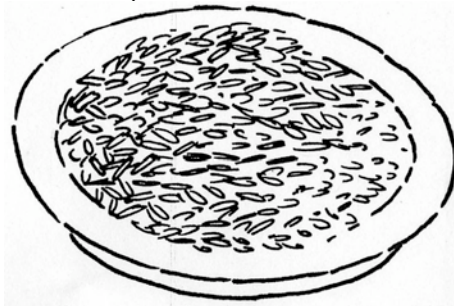
Low Fat Recipe Substitutions

Recipe #1: Refried Beans



<u>Ingredients</u>	<u>Substitution(s)</u>
<ul style="list-style-type: none"> <li>• 2 cups soaked or canned pinto beans</li> <li>• 1/4 cup lard</li> <li>• 1 small onion, chopped</li> <li>• 1 clove garlic</li> </ul>	

Recipe #2: Fried Rice



<u>Ingredients</u>	<u>Substitution(s)</u>
<ul style="list-style-type: none"> <li>• 4 cups cooked white rice</li> <li>• 6 tablespoons butter</li> <li>• 2 tablespoons soy sauce</li> <li>• 1/2 cup diced carrots</li> <li>• 1/2 cup frozen peas</li> <li>• 2 green onions, sliced</li> </ul>	

Work Group Members: \_\_\_\_\_

Directions:

1. Choose one person to be the recorder. Name: \_\_\_\_\_
2. Choose one person to be the keyboarder. Name: \_\_\_\_\_
3. Fill in the top chart using information from the computer.
4. Write foods that you eat and substitutions on the bottom chart.
5. Report your information to the class.

Your Group will read about:

	Recipe Calls For: (Write your foods here)	Substitutions
1.		
2.		

Food You Eat	Substitutions

To get to the website Low-Fat Substitutions:

1. Go to My Learning Pages at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on Click Here to Start.
3. Click on Parents and Children.
4. Click on Your Family's Health and Nutrition.
5. Click on General Health and Nutrition.
6. Click on Choosing Healthy Fats.
7. If you need help, ask your teacher.

Class Chart: Low-fat Recipe Substitutions

	Recipe Calls For	Substitution(s)	Comments	Your Ideas
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Read the Chart and answer the questions.

**High-Fat/Low-Fat Foods**

High Fat Food	Substitution
Butter for cooking	Smaller amounts of butter or small amounts of Olive oil or cooking spray
Whole milk	Low fat or non-fat milk
Lard for cooking	Cooking spray, olive oil or canola oil
Pork bacon	Turkey bacon
Fried chicken	Roasted or grilled chicken
Mayonnaise	Low fat mayonnaise

	Questions:	Answers:
1.	What is the title of this 'Chart'?	
2.	What is a good substitution for butter?	
3.	What is a good substitution for whole milk?	
4.	What is a good substitution for mayonnaise?	
5.	What is a good substitution for pork bacon?	
6.	Cooking spray is a good substitution for _____.	
7.	Grilled chicken is a good substitution for _____.	
8.	Low fat mayonnaise is a good substitution for _____.	
9.	Give one idea of your own for a healthy, low-fat food.	_____

Score: \_\_\_\_\_

QUIZ

High-Fat/Low-Fat Foods

High Fat Food	Substitution
Butter for cooking	Olive oil or cooking spray
Whole milk	Low fat or non-fat milk
Lard for cooking	Cooking spray, olive oil or canola oil
Pork bacon	Turkey bacon
Fried chicken	Roasted or grilled chicken
Mayonnaise	Low fat mayonnaise

	Questions:	Answers:
1.	What is the title of this 'Chart'?	<i>High-Fat/Low-Fat Foods</i>
2.	What is a good substitution for butter?	<i>Any of these: Smaller amounts of butter; small amounts of Olive oil or cooking spray</i>
3.	What is a good substitution for whole milk?	<i>Any of these: Low fat or non-fat milk</i>
4.	What is a good substitution for mayonnaise?	<i>Any of these: Low fat mayonnaise</i>
5.	What is a good substitution for pork bacon?	<i>Any of these: Turkey bacon</i>
6.	Cooking spray is a good substitution for _____.	<i>Any of these: Butter or lard</i>
7.	Grilled chicken is a good substitution for _____.	<i>Fried Chicken</i>
8.	Low fat mayonnaise is a good substitution for _____.	<i>Mayonnaise</i>
9.	Give one idea of your own for a healthy, low-fat food.	_____

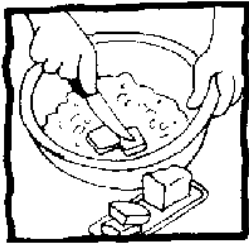
Rubric and Scoring Scale

Each correct answer = 1

Total points possible: 9

Passing score: 7

Find Someone Who Likes...



Walk around the classroom and survey your classmates.

- A. Hi. I'm taking a survey. Do you like to use *butter in cooking*?
- B. Yes, I do. (OR No, I don't. If No, go to another classmate)
- A. What could you use to make it healthier?
- B. I could use *cooking spray* instead.
- A. Good idea. Could you sign your name for me?

***Instead of... you could use...***  
 .....  
*Lard...      ...olive oil*  
*Butter ...    ...cooking spray*  
*Cheese...    ...low fat cheese*

Do you like...?	What could you use instead?	Name
...butter in cooking?		1.
...mayonnaise?		2.
...whole milk?		3.
...lard in cooking?		4.
...bacon?		5.

Now, write a statement about yourself:

I like \_\_\_\_\_, but

If I use \_\_\_\_\_ instead, I can be healthier.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**My Goal:** I will try \_\_\_\_\_ foods lower in fat for cooking or eating.

Directions:

1. Try the lower fat foods at home.
2. Do your Report and talk to a partner.

Now, I cook with...	I tried _____ instead. (fill in the blank)	Did you like it? Circle your answer. 1= No, I won't use it again. 3= OK, I might use it again. 5= Yes, I will use it again.		
1.	_____ Date: _____	<b>1</b> No	<b>3</b> OK	<b>5</b> Yes
2.	_____ Date: _____	<b>1</b> No	<b>3</b> OK	<b>5</b> Yes
3.	_____ Date: _____	<b>1</b> No	<b>3</b> OK	<b>5</b> Yes

**MY REPORT** DATE: \_\_\_\_\_

1. I tried \_\_\_\_\_ healthier fat substitutes.
2. The substitute I will try again is \_\_\_\_\_  
because \_\_\_\_\_
3. The substitute I will not try again is \_\_\_\_\_  
because \_\_\_\_\_
4. Why do you think it is hard for some people to eat foods lower in fat?  
\_\_\_\_\_
5. What can they do to eat foods lower in fat?  
\_\_\_\_\_