

FATS

COOKING METHODS

WEEK 4 WORKSHEET:

SAY OR TRACE THESE WORDS!

saturated

- Unhealthy, processed food with unhealthy fats!

unsaturated

- Healthy, unprocessed food with lots of healthy fats



A HEALTHY HEART RECIPE:

1. HEALTHY FOOD CHOICES
2. REGULAR EXERCISE

Whole foods with unsaturated fats especially help our hearts!



PUT AN "X" ON PROCESSED FOODS AND AN "O" ON HEALTHY FOODS:



FILL IN THE BLANKS:

What is one type of unhealthy, processed food with fats? _____

What is one type of healthy, unprocessed food with fats? _____

CIRCLE WHICH IS A

HEALTHIER WAY TO COOK:



GRILLING

OR

DEEP FRYING