

**FOURTH GRADE
LESSON: Fats
SC STANDARD: 4.1.3.2**



It's your world.

FATS

OBJECTIVES:

- Understand the difference between “good” and “bad” fats
- Be able to differentiate between foods that have “good” fats and foods that have “bad” fats
- Understand why “good” fats are beneficial to your health and “bad” fats are harmful to your health

LET'S GET STARTED! (10 MINUTES):

- Explain what “good” and “bad” fats are
- Identify and explain saturated, unsaturated, and trans fats
- Discuss the importance of good fats in the diet and the impact of bad fats to the students' health
- Identify examples of foods with good fats and foods with bad fats

ACTIVITY (15 MINUTES):

- Memory game matching good and bad fats and categorizing them accordingly

WRAPPING UP (5 MINUTES):

- Remind students of the types of good and bad fats and how they affect health
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 4.1.3.2 Organize and categorize important information; collaborate to validate or revise thinking; report relevant findings.

MATERIALS:

- Good and Bad Fats Handout
- Memory Cards
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week we are going to talk about fats! Ask students if they can give examples of food that have fats in them. Explain how fat is actually a very important part of the diet, and discuss what is considered a “good” fat and what is considered a “bad” fat.

DIALOGUE BOX

- Can anyone name something that has fat in it?
- Most people think fats are really bad for you and you should avoid them, and that is true sometimes, but there are actually some fats that are good for you!
- “Good” fats are what we call unsaturated fats. If you look on a food label, you might see this under the fat section. Unsaturated fats are good for you because they help keep your heart healthy and they can also help your brain function.
- “Bad” fats are what we call saturated fats and trans fats. You can also find these on food labels under the fat section. These fats are bad for your heart and can increase your risk of heart disease.
- Give examples of foods that have good fats and foods that have bad fats. Talk about how to reduce bad fat intake and how to increase good fat intake.

DIALOGUE BOX

- Unsaturated fats can be found in oils that come from plants, like olive oil, sunflower oil, and grape seed oil. They are also in fish, like salmon, tuna, and tilapia, as well as nuts, like almonds, peanuts, and walnuts, and they are even found in avocados!
- Saturated fats are found in anything that comes from an animal. Any type of meat, full fat dairy, or egg has saturated fats. Trans fats are completely manmade, and they are found in some processed foods, like packaged cookies, chips, and candy, as well as ready-made meals and take out. Trans fats are very bad for you, and you should avoid them as much as possible!
- Explain that fats should always be eaten sparingly. Explain good fats being in Slow foods and bad fats mostly being in Whoa foods.

TRANS FATS

Trans-fats are manmade by altering the composition of fat molecules. They are used in processed foods to extend shelf life. They are so bad for our health that soon no food will contain any trans-fat. The government has required that companies stop using trans-fats in food by 2018.

DIALOGUE BOX

- Foods with lots of fat should always be eaten sparingly, even if they are good fats. Go foods can be eaten all the time because they have little to no fat in them!
- Most foods that have good fats in them are Slow foods, like nuts and fish. They are good for your health, but you still wouldn't want to eat them for every meal every day!
- Most foods that have bad fats in them are Whoa foods. They usually don't have a lot of other nutrients and are not very healthy for you, so you should not eat them very often.
- Distribute the Good and Bad Fats Handout and discuss the examples with the students. Ask if they have any questions about unsaturated, saturated, and trans-fats.

ACTIVITY

- Divide the class into pairs (or up to groups of 4 depending on the size of the class). Distribute a set of memory cards to each group and explain the game.

DIALOGUE BOX

- Each group has a set of memory cards. Lay all the cards face down in front of everyone. Taking turns, each person will flip over two cards. If the two cards are a match, decide whether the food has good or bad fats in it. Place all of the foods with good fats in one pile and all of the foods with bad fats in another pile. If the cards do not match, flip them back over and let the next person go.
- Pay attention so you can remember the cards that other people turned over! Remember to categorize each card as a good or bad fat!
- Once everyone has finished the game, go through the piles and review the good and bad fats cards, explaining any cards that were confusing to the students.

WRAPPING UP

- Ask if there are any questions about fats.
- Remind the students of good and bad fats. Unsaturated fats are healthy for their brains and heart. Saturated and trans-fats are bad and should be limited because they are not healthy.
- Distribute the Boss' Backpack Bulletin with the weekly goal.



GOOD AND BAD FATS

GOOD FATS = UNSATURATED FATS

- Usually Slow foods
- Usually liquid (oils)
- Fish, plant oils, soy
- Nuts and seeds
- Avocados

SALMON

ALMONDS

OLIVE OIL

**SUN-
FLOWER
SEEDS**

TUNA

WALNUTS

BAD FATS = SATURATED FATS TRANS FATS

- Usually Whoa foods
- Usually solid (butter, lard, Crisco)
- Animal products (meat, eggs, full fat dairy), some processed foods, ready made meals, commercially made cakes biscuits

BUTTER

**HAM-
BURGER**

**WHOLE
MILK**

BISCUIT

**CANDY
BAR**

BACON

FATS MEMORY GAME (print two copies for every game)

**PEANUT
BUTTER**

SALMON

TUNA

**SUN-
FLOWER
OIL**

ALMONDS

OLIVES

FATS MEMORY GAME (print two copies for every game)

BUTTER

**FRIED
CHICKEN
SANDWICH**

**LUNCH-
ABLES**

BISCUIT

OREOS

**CANDY
BAR**

FATS MEMORY GAME (print two copies for every game)

**WHOLE
MILK**

AVOCADO

**FRENCH
FRIES**

WALNUTS

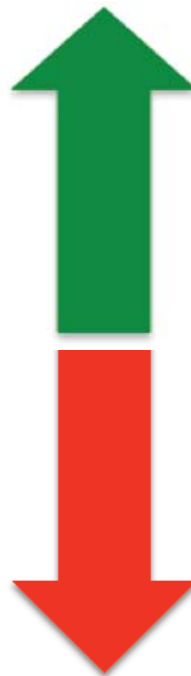
CASHEWS

**HAM-
BURGER**

BOSS' BACKPACK BULLETIN

Your goal this week is to eat less saturated and trans-fats and eat more unsaturated fats. Good fats help your heart and brain stay healthy! Record the good fats you eat this week on the chart below.

GOOD FATS YOU ATE THIS WEEK:



Good Fats (Unsaturated)

- » Slow foods
- » Plant oils
- » Nuts & seeds
- » Fish

Bad Fats (Saturated & Trans)

- » Whoa foods
- » Butter & Crisco
- » Processed foods
- » Meat & full fat dairy
- » Ready made meals

