

Make Good Food Choices

A learning activity to demonstrate difference in fat content of foods.

Supplies needed:

Small paper plates
Solid shortening
Measuring spoons
Black marker

Procedure:

Write on the edge of plate with marker the items you are measuring. Place shortening equivalent to the number of grams of fat in that food item on the plate near the labeled area.



1 gram fat is equal to 1/4 teaspoon shortening

- Plate 1: Bagel—1 gram (1/4 tsp. shortening)
Doughnut—12 grams (3 tsp. shortening)
Large specialty muffin—32 grams (8 tsp. shortening)
- Plate 2: Regular hamburger—10 grams (2 1/2 tsp. shortening)
Quarter pound hamburger—20 grams (5 tsp. shortening)
“Big Mac” --32 grams (8 tsp. shortening)
- Plate 3: Baked potato—0 grams (0 tsp. shortening)
French fries (regular size)—12 grams (3 tsp. shortening)
Potato chips (1 ounce)—12 grams (3 tsp. shortening)
- Plate 4: Grilled chicken sandwich deluxe—20 grams (5 tsp. shortening)
Crispy chicken deluxe—25 grams (6 1/4 tsp. shortening)
Chicken salad deluxe—1.5 grams (1/4 tsp. shortening)
- Plate 5: Vanilla cone—5 grams (1 1/4 tsp. shortening)
Apple pie—13 grams (3 1/4 tsp. shortening)
Nestle’s Crunch McFlurry©--24 grams (6 tsp. shortening)
- Plate 6: Sausage biscuit with egg—37 grams (9 1/4 tsp. shortening)
Hot cakes (three)—9 grams (2 1/4 tsp. shortening)
Scrambled eggs (two)—11 grams (2 3/4 tsp. shortening)



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