

Fat

Learning Objectives

- I can identify foods with unhealthy fats and describe possible effects from a diet with too much unhealthy fat (4.1B, 4.2B, 4.3B)

Teacher Notes

- This lesson goes after the protein lesson
- Teacher will ask the pre-assessment questions to the class. Have students respond in the chat.
- Pause the video at 4 minutes 12 seconds so that students can gather the materials they need to play
- Video run time is 6 minutes and 3 seconds. Allow about 8 - 10 minutes for the activity.

Lesson Steps: Video Outline [Video Link](#)

Step 1 Introduction

- Pre-assessment questions: 1) name a food that has a lot of fat in it 2) Do you think the fat content in the food you just named is healthy, or unhealthy?

Step 2 Activity

- Not in my Bowl: Students will find 2 similarly sized targets to throw a ball into. They will label 1 'unsaturated fat' and the other "saturated fat". Students place the 2 targets 1 in front of the other. They need to try to make 5 shots in the "unsaturated fat" target before making 2 in the "saturated fat".

Step 3 Closure

- [Exit Slip](#) (see attached)

Assessments

- Intro questions posed by teacher to get students thinking about the topic
- For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit' to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response.



Extensions/Connections/Applications

- Share the [kidshealth](https://kidshealth.org) website with your class for an optional, quick read. It does a good job breaking down the types of fat in an easy to understand way.
- After students complete the activity once, they should try again throwing from a different spot. Move further away for greater challenge

Resources/References

- [kidshealth](https://kidshealth.org)
- heart.org

Handout

See Exit slip below



Fat Exit Slip

1) Which types of fat are considered to be unhealthy? (select all that apply)

- a) Unsaturated fats
- b) Saturated fats
- c) Transfats

2) Name 2 long term health consequences that could result from a diet with too much unhealthy fats?
