

## FAT MOVIE NOTES

Name some of the sources of fat in an average diet

1. hamburger
2. fried chicken
3. candy/sweets
4. What if meat was fat free?  
it wouldn't taste good - taste alike
5. How many calories are in 1 gram of fat?  
9
6. Where does saturated fat come from?  
animal products
7. What two oils have saturated fat?  
palm oil  
coconut oil
8. What kind of fat is best: Mono, poly, or saturated? Mono
9. What should you do to meat to get less fat?  
trim off fat,

Name Key Period \_\_\_\_\_

10. What can happen if cholesterol blocks arteries?  
heart attack
11. What kinds of foods have cholesterol?  
animal
12. What is an ingredient that they add to fat foods to create low-fat version?

Water



### Fat test

1. Which butter is low in fat? whipped butter
2. Cookies low fat? devil's food
3. Which has most fat hot dog, peanut butter, French fries? all the same
4. What Mexican meal has least fat? healthy choice
5. Most fat? Ice cream, Cream of mushroom, or donut? cake donut