



# Lesson 6 Fat

## Recipe: Guacamole

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### Review Lesson 5

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- How does sugar work in our body? [gives us energy like fuel in a car]
- What are the two different types of sugar? [short-term & long-lasting]
- What is an example of food you can eat to get long-lasting energy? [oatmeal]

### Lesson Overview

Kids will understand that our bodies need fat and that it is used for storing energy for later. Kids will be able to recognize which foods contain fats that are good for our bodies and fats that we should limit in our diets.

### Talking Points

- Fat provides stored energy for our bodies. Fat gives us energy to grow.
- Our bodies need a little fat every day. We can choose where that fat comes from.
- Your brain is made of fat, so fat helps our brain work.
- There are two sources of fat: animal fat and plant fat. Animal fat is solid at room temperature, like butter. Plant fat is liquid at room temperature, like olive oil.
- Sources of plant fat: avocado, olive (oil), sunflower seeds, almond nuts.

### Activity Overview

- Teachers/Adults: Download and print the [Fat Activity Worksheet](#).
- Kids will discover what foods contain fat and which foods don't.

#### Questions to ask the students:

- What do you notice about the brown paper? Which foods left a mark?
- Why did some leave a mark and the others did not?

### Recipe Overview

- Print recipe. Have students look at the recipe and follow along.
- Students will practice their chopping skills by cutting their favorite veggies to dip!

### Discussion & Wrap Up Questions

- What does fat do for our bodies?
- What are the two types of fat?
- What is one thing you learned today?
- How were you a Food Adventurer today?

### Vocabulary Words

Fat

Solid

Liquid

Your Sandwich Can Save the World!

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