



Lesson 6: Activity Worksheet

Fat

foodliteracycenter.org/lesson6

Activity Overview

Kids will discover which foods contain fat and which foods don't.

Grade Level

K-6th grade

Materials

- Brown paper bag
 - Paper Bag Test Data Table
 - Cotton swabs (optional)
 - Pen or pencil
- 6 Food samples. Include:**
- 2 plant fats (avocado and olive oil, nuts or seeds)
 - 1 animal fat (butter, mayonnaise, sour cream)
 - 3 fruits or veggies (apple, carrots, onion, celery)

Instructions

- Cut a 6-inch square piece of brown paper bag and draw a grid with six squares. Adults should help students cut paper bag and label each square.
- Using cotton swabs or clean fingers, have kids rub the avocado in the first square.
- Next, rub an animal fat in the second square.
- The third square should be another plant fat.
- Rub different fruits and veggies on the final squares.
- Set the brown bag sheet aside to dry.
- Revisit at the end of the lesson and track results on the data table.

Talking Points

Each food will initially leave a residue/mark on the piece of paper. Foods with fat will leave a mark that won't dry, and foods without fat will not leave a mark. Use the data table to make guesses, predicting which foods will leave a lasting mark.

Questions

- What do you notice about the brown paper?
- Which foods left a mark?
- Why did some leave a mark and the others did not? [Because they contain fat and fat will not evaporate.]



K - 6th Grade Activity

Fat: Paper Bag Test

Paper Bag Test: Data Table

#	Food Item	Will it leave a mark?	What happened?	Does it have fat?
1				
2				
3				
4				
5				
6				

Paper Bag Test: Answer Key

#	Food Item	Will it leave a mark?	What happened?	Does it have fat?
1	Avocado	Yes	Left a Mark	Yes
2	Animal Fat	Yes	Left a Mark	Yes
3	Plant Fat	Yes	Left a Mark	Yes
4	Fruit or Veggie	No	Didn't Leave a Mark	No
5	Fruit or Veggie	No	Didn't Leave a Mark	No
6	Fruit or Veggie	No	Didn't Leave a Mark	No

