



/60

Name: _____

1 mark for each blank

1. Fat is important for the normal _____ and _____ of children.
2. A high fat diet is associated with _____, _____, and some types of cancer.
3. Fat is a major source of _____ and essential _____.
4. Give one example of visible fat. _____
5. Give one example of invisible fat _____
6. What is the difference between visible and invisible fat? (2 marks)

7. Fat adds _____ and _____ to food.

8. Give two examples of the fat we add to our foods

a. _____ b. _____

9. Where does the largest proportion of fat in the Canadian diet come from and what percentage is it? (use pie chart)

source _____ percentage _____

10. Where does the second largest proportion of fat in the Canadian diet come from and what percentage is it? (use pie chart)

source _____ percentage _____

11. Where does the smallest proportion of fat in the Canadian diet come from and what percentage is it? (use pie chart)

source _____ percentage _____

12. Each teaspoon of fat = _____ grams of fat (_____ Calories)

13. If there are 3 teaspoons of fat in 20 French fries, how many grams of fat and how many calories would you consume if you ate them?

_____ grams _____ calories

14. What is one way to reduce the amount of fat in your diet?

/25



15. How can you control the fat intake in your diet? (5 marks)

1. _____
2. _____
3. _____
4. _____
5. _____

16. What is the key to a healthy diet? _____

17. List how many teaspoons of fat are found in the following items: (7 marks)

	tsp		tsp
Caesar Salad		Regular Hamburger	
Cheese Pizza 2 slices		Fish and Chips	
2 Chocolate Chip Cookies with Nuts		Sirloin Steak trimmed of visible fat	
30 g Potato Chips			

18. Calculate the fat (in teaspoons) in the following diets and add up the total below (14 marks)

Harry Artatack		Susie Wisechoice	
Breakfast	doughnut	2 slices of whole wheat toast (10ml butter)	
Snack	30 g potato chips	50 g regular mozzarella	
Lunch	chicken burger with sauce & 40 french fries	Tuna salad sandwich & garden salad with regular dressing	
Snack	4 chocolate chip cookies with nuts	60 g bag of pretzels	
Dinner	Fish & Chips (100g fish, tarter sauce, fries & coleslaw)	broccoli & cheese quiche with salad	
Snack	Regular ice cream (250 ml)	Frozen yogurt (250 ml)	
Total Fat Intake (tsp) =		Total Fat Intake (tsp) =	



*Calculate how many calories from fat Harry and Susie have consumed

Harry Artatack _____

Susie Wisechoice _____

19. Give 3 "TIPS" on how Harry and Susie can reduce the fat in their diets?

Hint: look at the TIP section under each food category for answers)

Harry

1. snacks _____

2. fast food _____

3. frozen milk products _____

Susie

1. bread & baked goods _____

2. salads _____

3. dinner choices _____