Become a Fat Detective Quick Activity

Remind students that fats and oils should be used sparingly—in very little amounts. Explain that there are ways of cooking foods that reduce the amount of fat used to cook with or that reduce the amount of fat that remains in the food.

If possible, distribute menus from restaurants or ads from restaurants. Ask students to identify words that would give them clues to food with less fat. If menus are not available, write these words on the chalkboard: buttered, poached, steamed, creamy, roasted, sautéed, boiled, fried, baked, gravy, grilled, broiled.

Discuss what each of the words means. Have students research and describe the different cooking methods and explain which would result in less fat in the food. Encourage them to ask their families to try some of the lower-fat cooking methods at home.