

Jr. Chef Level 1, Lesson 8

Healthy Oils pictures/food models



Nutrition Facts Panel Poster

Sample Label for Macaroni and Cheese

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a diet of other people's secrets.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to % DV

5% or less is low
20% or more is high

Saturated Fat Budget Poster using 20 grams (5 teaspoons)

Make the same kind of poster for Total Fat, using 65 grams of fat (16.5 teaspoons)



Fat in Foods Display Board (on right)

Use a food model or label.

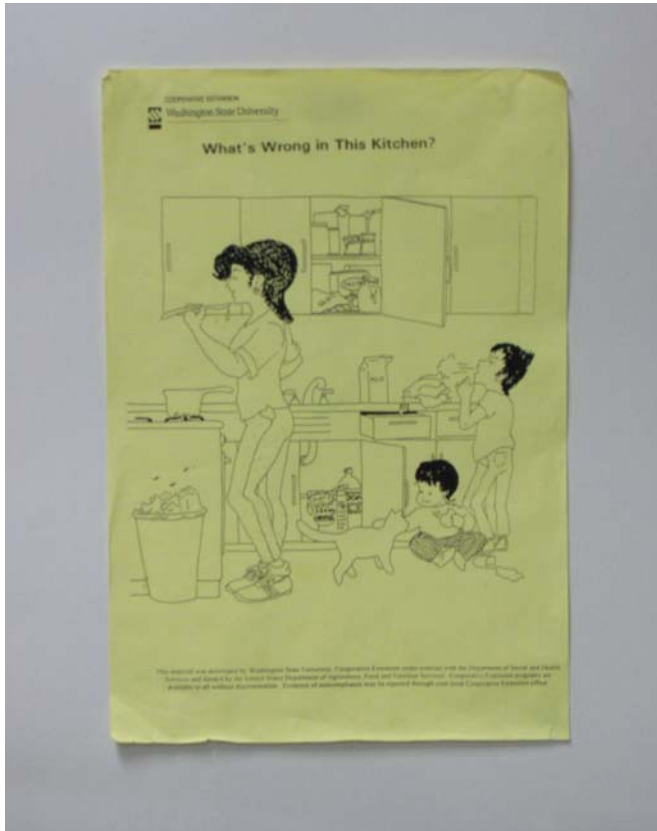
Measure "Total Fat" into a baggie.

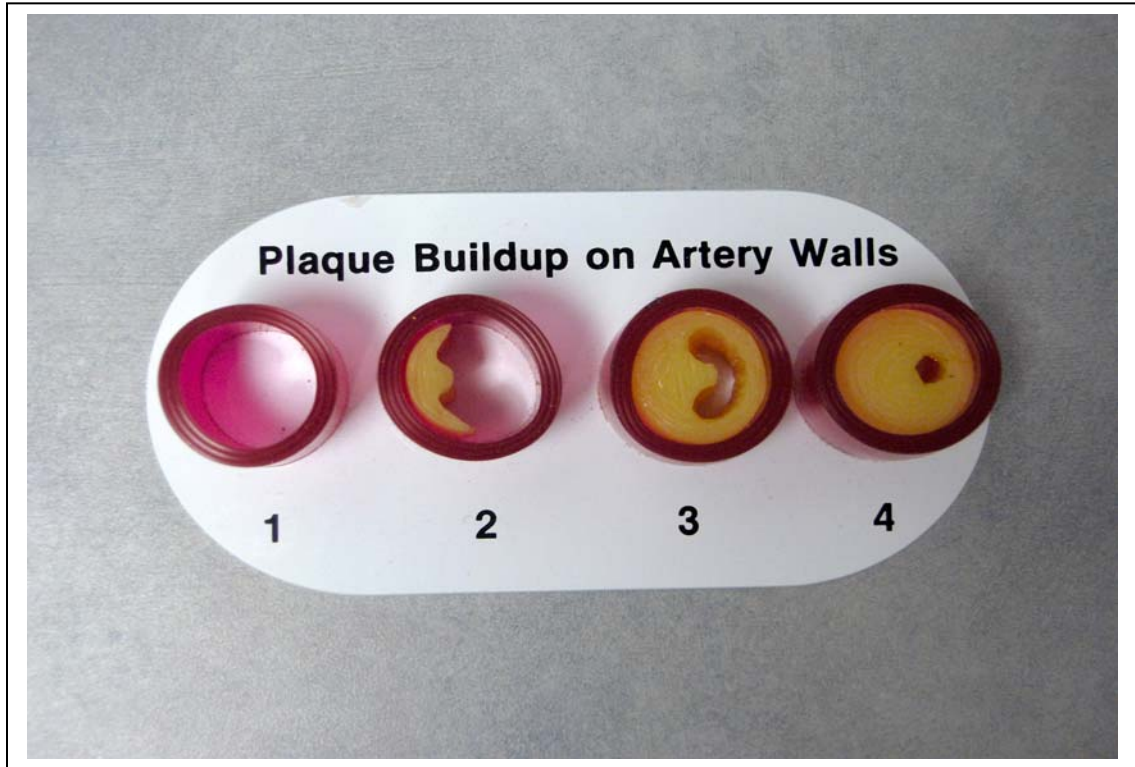
"Fat can be either shortening, or yellow-colored sugar or yellow cornmeal.

If desired, make a second baggie to show Saturated and Trans-fat amounts.



What's Wrong in the Kitchen Poster





Artery model