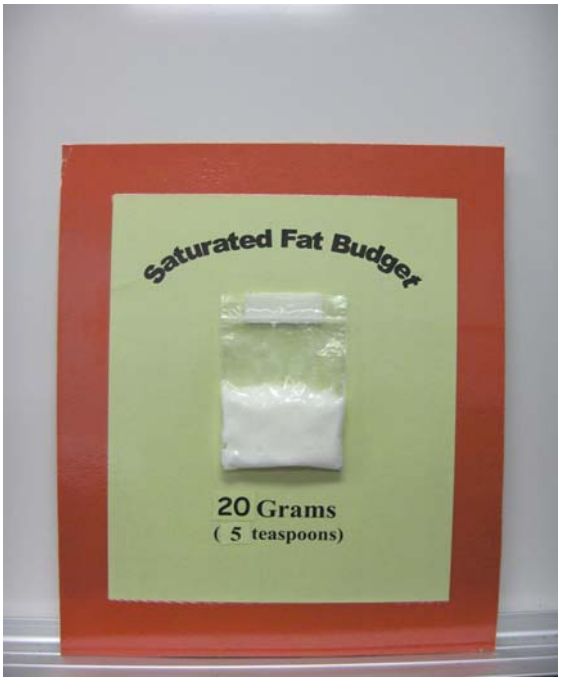
Jr. Chef Level 1, Lesson 8

Healthy Oils pictures/food models

Nutrition Facts Panel Poster

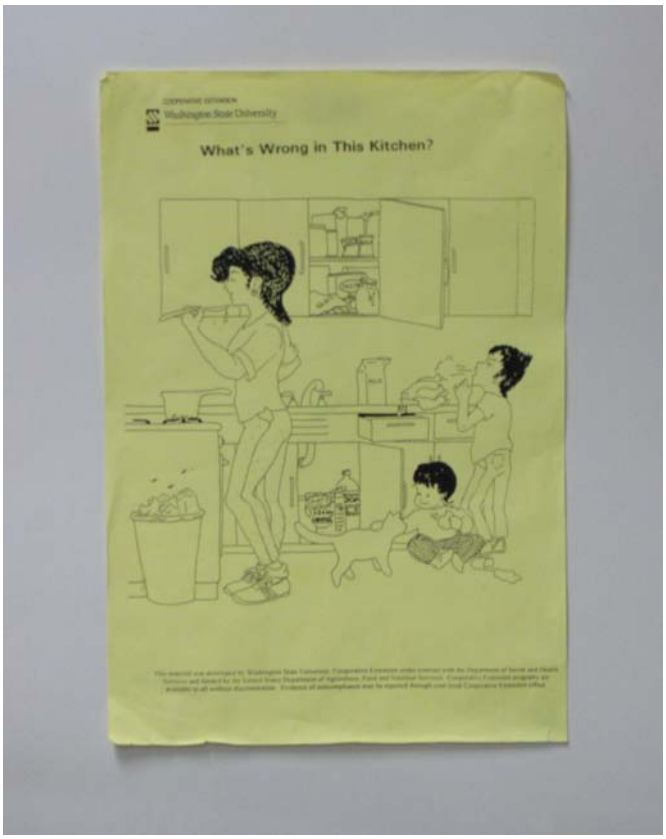
Saturated Fat Budget Poster using 20 grams (5 teaspoons)
Make the same kind of poster for Total Fat, using 65 grams of fat (16.5 teaspoons)

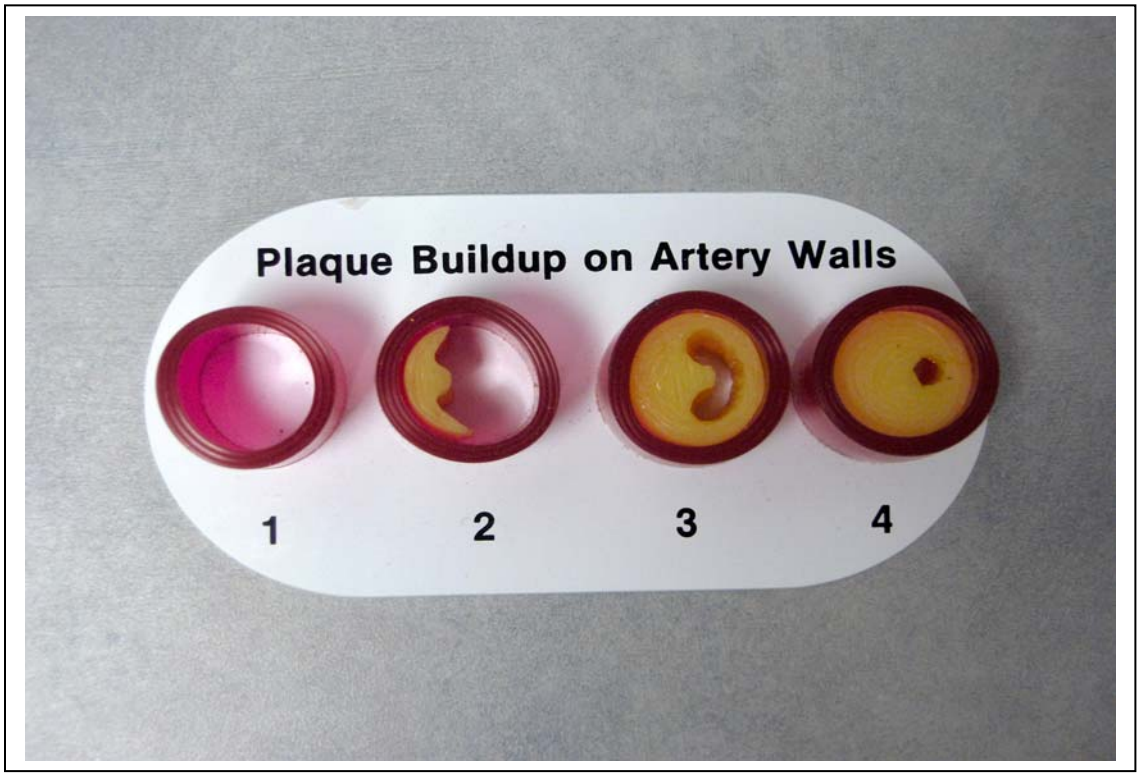


Fat in Foods Display Board (on right)
Use a food model or label.
Measure “Total Fat” into a baggie.
“Fat can be either shortening, or yellow-colored sugar or yellow cornmeal.

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

What’s Wrong in the Kitchen Poster





Artery model