

OILS AND FATS...A CONSUMER REPORT

Name _____ Period ____ Assign #

Directions: Go to a grocery store or study the teacher display to gather the information listed below. On the back of this page summarize your findings by writing an article on your findings; e.g. what oils and fats are used, what foods are made with highly unsaturated fats, etc. Then make some conclusive recommendations.

FOOD	PRODUCT NAME	BRAND OR GENERIC	TYPE OF FATS AND OILS
Vegetable oil			
Vegetable oil			
Vegetable oil			
Crackers			
Crackers			
Cookies			
Cookies			
Snack Food			
Snack Food			
Cereal			
Cereal			
Other			
Other			