

# Fats

## Summary

Information regarding fats, their sources, function in the body, and related health concerns. Prepare a recipe of Chicken Fingers in showing how to reduce the amount of fat during preparation.

## Main Core Tie

Food And Nutrition

[Strand 4 Standard 4](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Video:

Food and Fat, Learning Seed, 28 minutes (optional if time)

Overheads or handouts:

Prepare transparencies or handouts for resources on fats  
study sheets

lab sheet

Ingredients needed per unit to prepare Chicken Fingers:

2 boneless, skinless chicken breasts

1/3 cup skim milk

1 to 1 1/2 cups corn flake crumbs

Pam spray

barbeque sauce

honey

ketchup

Supplies needed for Fat Illustrated Activity:

paper towel tube

marbles

cotton balls

Calculator for figuring percentage of fat.

## Background for Teachers

Information on fat, the different types, food sources, function in body and related health concerns.

Adapting recipes to lower the fat content.

## Student Prior Knowledge

An understanding of fat in the diet, the different types, food sources, and function in the body.

Preparing foods by reducing the fat during preparation.

## Intended Learning Outcomes

The student will be able to identify and understand the different types of fat, their food sources,

functions in the body and related health concerns.

### Instructional Procedures

Show Video: Food and Fat, if available and enough time.

Hand out study sheet, resource handouts.

Using notes for lecture on Fats, go over information on Fat using overhead transparencies if applicable; the sources of fat; the function of fat in the body; calculating the percent of calories from fat in a given label; what is cholesterol, its role and function in the body, food sources, HDL and LDL (Show illustrated activity using paper towel tube, marbles, and cotton balls in relationship to LDL fats and HDL fats through the blood vessel);

fatty acids - saturated, polyunsaturated and monounsaturated, their food sources, examples, health concerns.

Lab: Hand out the Chicken Finger Lab Sheet to each person. Explain and go over the recipe and directions with them. The students will prepare the recipe, eat and evaluate by answering the four questions and turn in before they leave. Allow enough time for them to clean-up before leaving.

### Authors

[DEBRA PAULL](#)