Fat in Foods

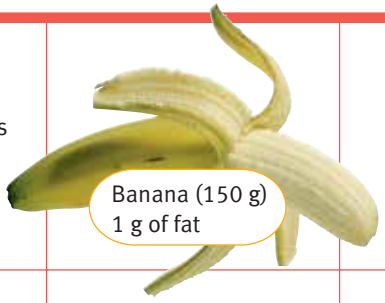
ACTIVITY

You need: a calculator (optional)

A good diet should contain some fat but not too much. People who eat large amounts of food with a high fat content have a greater risk of heart disease, diabetes, and other health problems. Here is the approximate fat content of some foods:

Fried egg (45 g)
15 g of fat

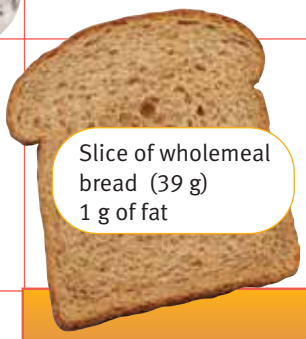
200 ml (200 g) glass of standard milk
7 g of fat



Banana (150 g)
1 g of fat

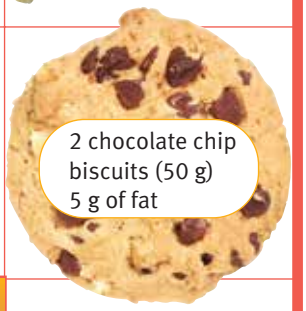
Lean steak (150 g)
16 g of fat

Pot of yoghurt (150 g)
4 g of fat



Slice of wholemeal bread (39 g)
1 g of fat

4 squares of chocolate (33 g)
10 g of fat



2 chocolate chip biscuits (50 g)
5 g of fat

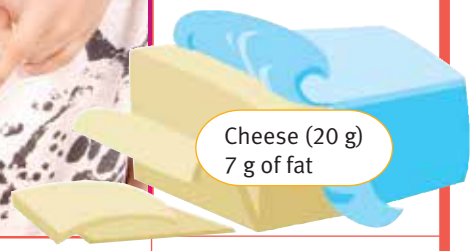
Regular hamburger (215 g)
33 g of fat

2 dry cereal biscuits (56 g)
2 g of fat

Broccoli (180 g)
1 g of fat

Potato crisps (100 g)
37 g of fat

Apple (140 g)
0.1 g of fat



Cheese (20 g)
7 g of fat

Fried chicken drumstick (72 g)
11 g of fat

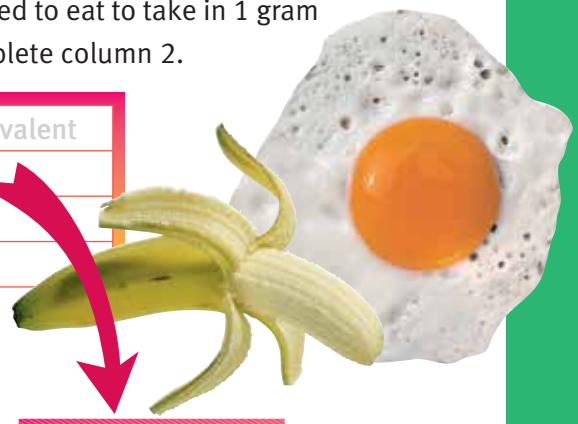
Large fries (175 g)
26 g of fat

Pork chop trimmed of fat (80 g)
6 g of fat

2 chocolate-coated toffee biscuits (35 g)
7 g of fat

1. a. Set up a table like the one below. List all the foods from page **4** in column 1. Work out (in grams) how much of each food you would need to eat to take in 1 gram of fat. Round your answers. Use this information to complete column 2.

Food	Mass (grams) per gram of fat	Muffin equivalent
Fried egg	3 g	
Milk	29 g	
Banana		



b. Which types of food have the highest proportion of fat?

c. Which types of food have very little fat in them?

Muffin equivalent
$\frac{1}{2}$ egg
1 glass
7 bananas

2. A batch of 12 muffins uses 100 grams of butter. Butter is 80 percent fat.

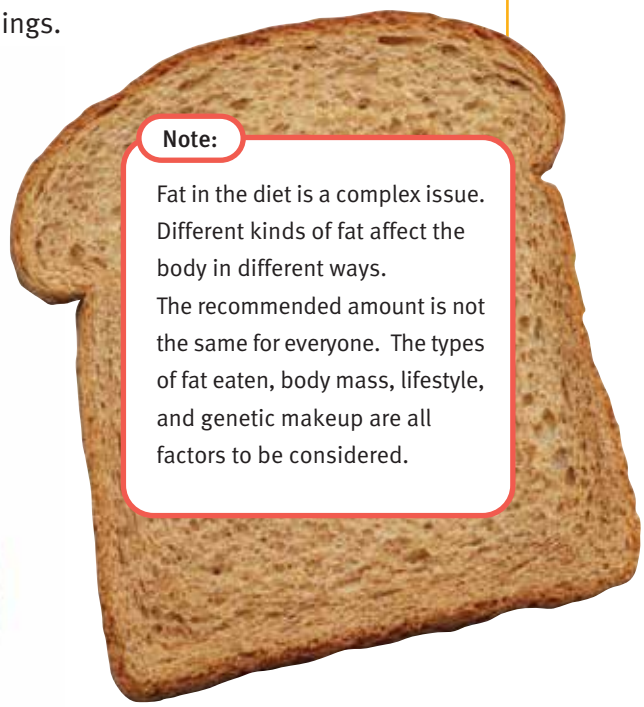
   a. How many grams of fat are in each muffin?

   b. Complete column 3 of the table with the amount of each food you would need to eat to take in the same amount of fat as in 1 muffin. (Your answers can be very approximate.)

3. Jeremy, who is 12 years old, was talking to a dietician. Taking into account his age, activity level, and general health, she advised that his diet should contain 65–70 grams of fat per day. Suggest some combinations of food, from the items shown, that would not exceed this limit.

INVESTIGATION

Collect the Nutrition Information panels from products you like eating. Choose an aspect of these foods to investigate, using the information from the panels. Explore this information, using graphs. What do you discover? Report your findings.



Note:

Fat in the diet is a complex issue. Different kinds of fat affect the body in different ways.
The recommended amount is not the same for everyone. The types of fat eaten, body mass, lifestyle, and genetic makeup are all factors to be considered.