Snack Investigators

For us to have a healthy lifestyle, it's important to have a balanced diet. This means consuming proteins, carbohydrates, fats, etc in the right amounts. Many foods contain fat, but some of it might be invisible, meaning that we do not realise that we are eating fatty foods.

This activity is an easy way to make these fats visible by using a **grease spot test**. This will help us make the right decisions when it comes to food!

WHAT YOU NEED:

- Clean working area that can get greasy
- Sheets of paper
- A variety of food items eg. crisps, cookies, apple slices, bread, ham, cheese
- Pencil/pen and ruler
- Printed worksheet on next page

LET'S EXPERIMENT!

1. Use a pen to divide a piece of paper into 6 equal boxes or print the worksheet prepared in the coming pages.
2. Pour a small amount (1 teaspoon or less) of olive oil or vegetable oil onto the paper in one of the boxes. Label it accordingly.
3. Observe how the paper becomes translucent in those areas where oil has been poured. This is your 'control' meaning that you will compare the other food items to the oil to see how much oil or fat is in that food.

oil	cookie	cheese
apple	crisps	cereal

4. Choose the other 5 food items you want to test. You may want to pick a variety of traditionally healthy and unhealthy foods, or even compare the regular version of a snack with its low-fat counterpart.
5. Prepare equal amounts (eg. 1 tablespoon) of the foods and place them on a separate box on the paper. Label each one.
6. Leave the paper undisturbed for the next 2 hours. In the meantime, use the worksheet table to make predictions about which foods you think will not have fat and which food you think will have the most fat.
7. When the time is up, remove the foods from the paper and dust away any crumbs that have been left over. You will notice some of the foods have left a mark wherever the fats were absorbed into the paper.
8. Compare the grease spots left behind by the foods to the grease spot from the oil. Write your results down in the worksheet table. Were your predictions correct?

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FOOD	PREDICTION Do you think it has fat?	RESULT Did it have fat?

QUESTIONS:

Which food has the highest fat content? Prediction _____   Result _____

Which food has the lowest fat content? Prediction _____   Result _____

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OIL
(CONTROL)