



Dear Teacher:

Today's lesson is "Cooking with Beneficial Fats." Your GrowingGreat Docent will lead the students through a brief lesson on "beneficial fats" and "harmful fats." The docent will then brief them on the importance of thoroughly washing hands prior to food preparation and the importance of water conservation. Then the docent will guide students as they create homemade salad dressing, salad and buttered whole grain rolls. All students will receive a "Grill Me About" handout to take home to their parents or it will be sent home via email.

Your packet includes:

- An outline of the lesson for you to follow
- A copy of the "word activity sheet", an optional activity which supports the lesson
- A survey for your feedback, which you can return to _____

We hope you and your students enjoy the lesson.

Sincerely,

LESSON OUTLINE

Lesson #3 : **Cooking with Beneficial Fats**

Lesson Objective: Students will be able to identify beneficial fats that have nutritional value. Students will learn hand-washing techniques for food preparation and discuss water conservation.

Classroom Lesson Outline:

1. Introduction: (2 minutes)

Students learn beneficial fats don't make you "fat"

- a. Discover how to find fats in our foods both natural and man made
- b. Students prepare their own snack using a combination of higher-quality fats

2. Concepts taught: High vs. low-quality fats (10 minutes)

- a. Handwashing and water conservation message
- b. High-quality fats = whole, closer to the source, minimally processed
- c. Lower-quality fats = processed, highly heated such as fried foods

3. Activity (25 minutes)

- a. Students create and enjoy a salad with healthy fats and a whole grain roll and butter

4. Review (2 minutes)



Recommended Reading

- Beneficial and Harmful Fats by Linda Prout, MS
- Flaxseed Oil by Ask The Doctor

California State Standards met by grade

3rd grade:

Students choose and use appropriate units and measurement tools to quantify the properties of objects.

- Students will:
 - Choose the appropriate tools and units (metric and U.S.) and estimate and measure the length, liquid volume, and weight/mass of given objects.

4th grade:

Scientific progress is made by asking meaningful questions and conducting careful investigations. As a basis for understanding this concept and addressing the content in the other three strands, students should develop their own questions and perform investigations.

- Students will:
 - Measure and estimate the weight, length, or volume of objects.

5th grade

Students display, analyze, compare, and interpret different data sets, including data sets of different sizes.

- Students will:
 - Use fractions and percentages to compare data sets of different sizes.

Word Activity Sheet



Word Search: Circle the beneficial fats listed below

S W K T T R A B L R D S T S O
 A Z Y G N R E M J C P C D H L
 R S A W T S U J O H U A C O I
 D W B U T T E R A L M S C J V
 I P E A N U T S O M P H F Y E
 N S A L M O N C L Y K E U O O
 E I L A L M O N D S I W E G I
 S O E V J B L O T S N S N U L
 L I J O H U M M U S S S J R A
 Q L B C H E E S E C E E B T J
 D J K A V O C A D O E U W Z X
 V I W D D U Z O E Q D B F S N
 J Y X O T S D X Y N S L P B U
 I A Y A C O C O N U T R X G T
 V T C W A L N U T S R K Z M S

ALMONDS
AVOCADO
BUTTER
CASHEWS

WALNUTS
PUMPKIN SEEDS
CHEESE
COCONUT

HUMMUS
OLIVE OIL
SARDINES
YOGURT

SALMON
PEANUTS
NUTS



Word Scramble: Unscramble the words below to reveal examples of harmful fats

Ddhteanryego lio _____

Nerchf iesrf _____

Ttaoop ihpcs _____

Gmaanerri _____

Possible answers (NOT ALL ARE USED!): French fries, hydrogenated oil, shortening, margarine, potato chips, candy bar, American cheese