

7th Grade Science
1.3 Diet & Nutrition
Presearch DN 2: Fats

"Trans fat is bad fat. The less trans fat people eat, the healthier they will be."

- Tommy G. Thompson
Secretary of Health and Human Services,
U.S Govt.

Themes: Cycles of Matter, Flows of Energy

Objectives:

- 1) Identify and describe the different forms of dietary fat.
- 2) Identify types and sources of fat in your diet.

Primary Questions:

- 1) What are the different forms of dietary fat?
- 2) Which foods in your diet provide you with saturated fat, and and which provide fats that are unsaturated? Which foods contain transfat?

Presearch:

daily — Annotate your Dietary Record for carbohydrates
Devise a color key to identify the carbohydrates in your dietary record. Use different colors to indicate simple sugars, starches, and fiber.

postpone to next week — Annotate your Dietary Record for fats.
Devise a color key to identify the fats in your dietary record.
Use different colors to indicate saturated and unsaturated fats.
Use a third color to identify sources of transfat.

Replacement: 12/14 Define 3 types of dietary fat: saturated, unsaturated, trans fat.
compose 3-column list, showing % sources of each
in our diet.

(OVER →)

Reading:

12/17 Omnivore's Dilemma, chapters 12, 13 & 14
Read the chapters, and record the essentials using two-column notes.