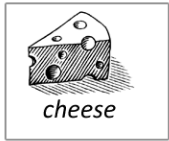
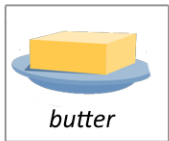
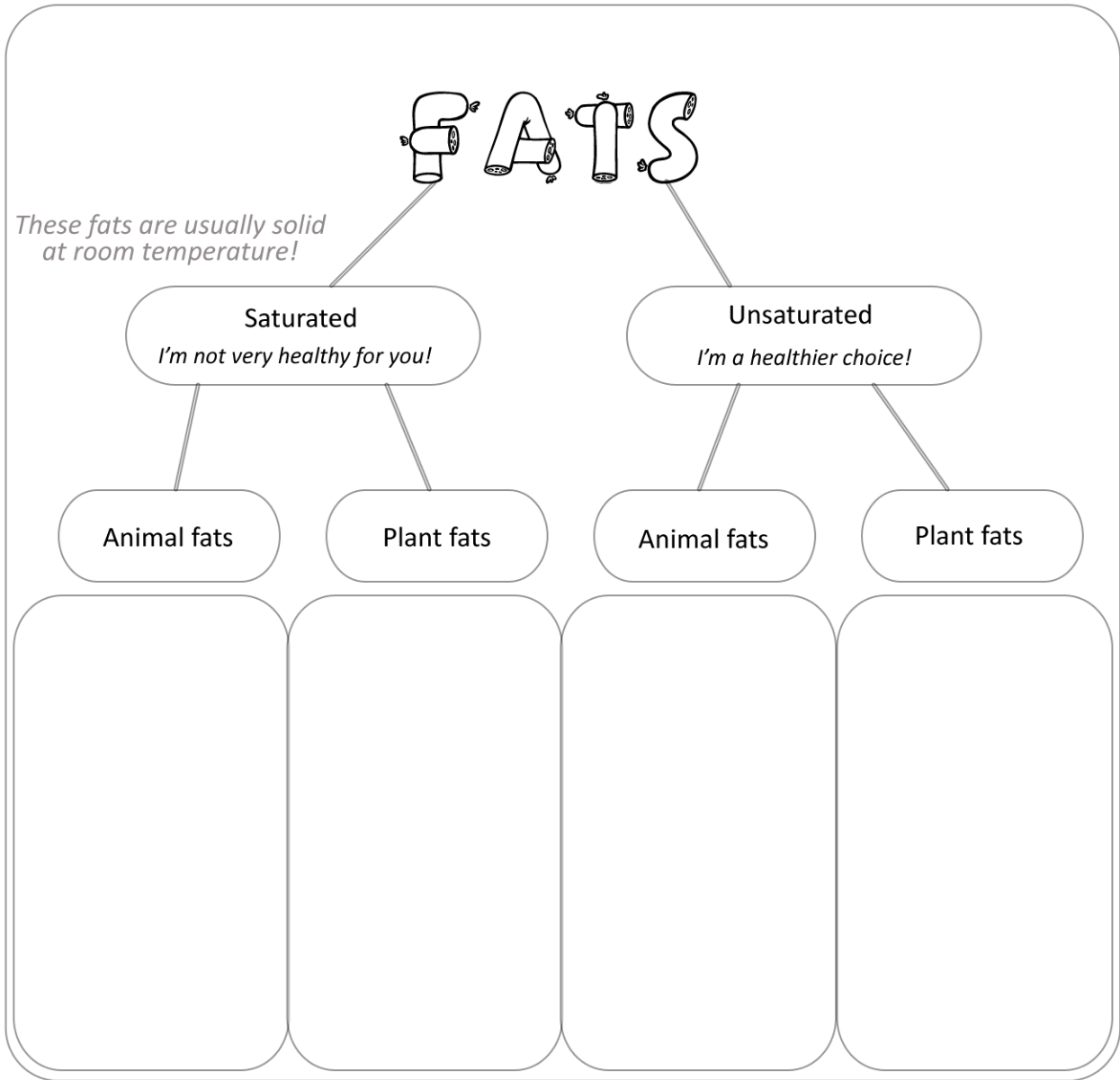


Cut out and then glue this chart onto your paper or lapbook.



Cut out the boxes and glue them in the correct places on the chart. Use page 19 of Food and Nutrition for Every Kid to help you.

Answer key:
Saturated fats: animal (butter, eggs & bacon fat, cheese, fat in meat) plant (coconut, chocolate, palm oil)
Unsaturated fats: animal (fish), plant (olive oil, peanut oil, walnuts, corn oil, sunflower oil)