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

These fats are usually solid at room temperature!

**Saturated**
- I'm not very healthy for you!

- Animal fats
- Plant fats

**Unsaturated**
- I'm a healthier choice!

- Animal fats
- Plant fats

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

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.

©Guesthollow.com and OurLosBanos.com/homeschool