

My Nutrition Name: _____

LESSON 4: FATS & COOKING

What Did You Learn About Fats?

Fill in the blanks using the word bank:

1. Whole foods like avocado and nuts are called _____ foods.
2. Ultra processed and deep-fried foods are _____ foods.
3. We can enjoy SLOW foods in _____.

Word bank:

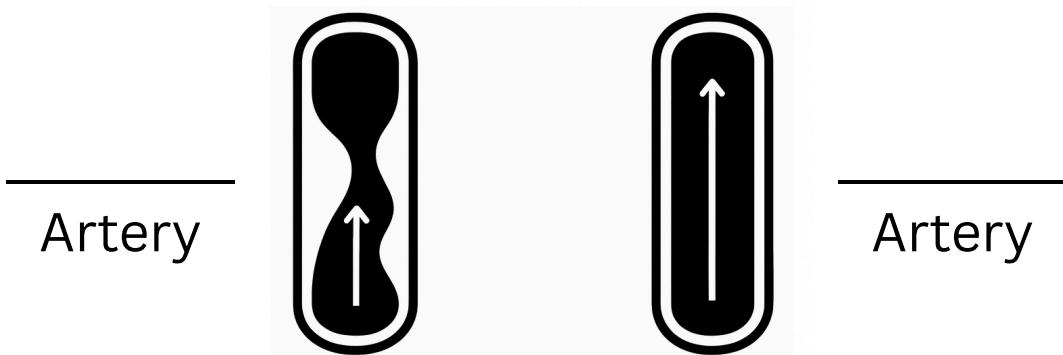
Slow

Moderation

Go

Label healthy artery or blocked artery

★ Hint: Eating too many ultra-processed or fried foods can make it harder for blood to flow through!



Draw a line to what matches the cooking method!



Steaming

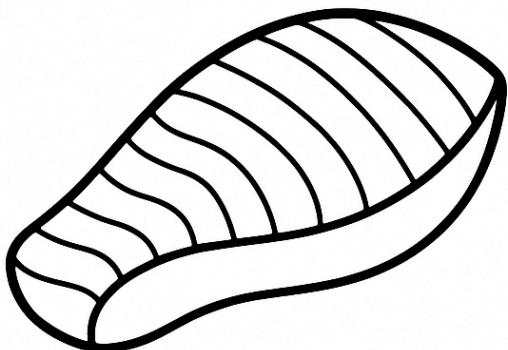
Deep frying

Grilling

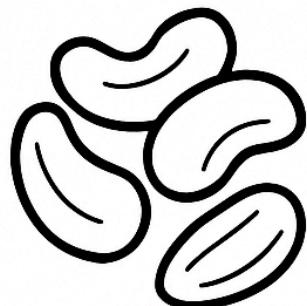
Pan frying

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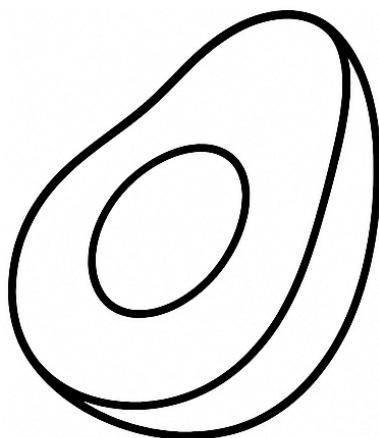
EAT HEALTHY FATS!



Salmon



Nuts



Avocado



Olive oil

Draw your favorite healthy fat!

