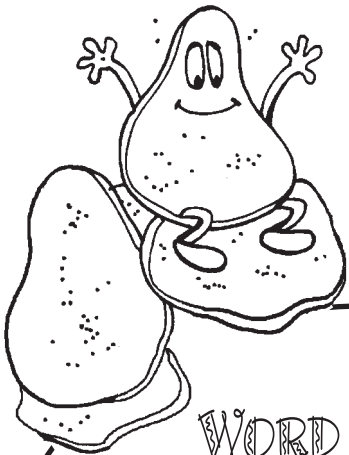
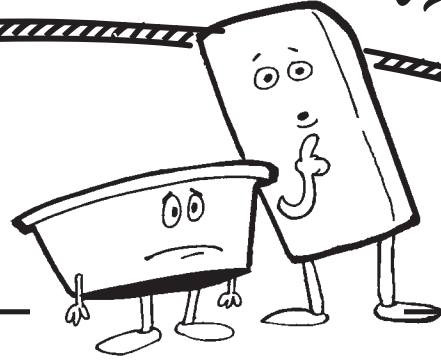


Name \_\_\_\_\_



MORE  
OILS & FATS FUN



WORD SCRAMBLE

With these solid fats, here's a tip:  
Eat tiny amounts, or try to

1. tertub \_\_\_\_\_
2. stanr aft \_\_\_\_\_
3. ragarmeni \_\_\_\_\_
4. radl \_\_\_\_\_

TRUE OR FALSE...

- |                          |                          |   |
|--------------------------|--------------------------|---|
| True                     | False                    |   |
| <input type="checkbox"/> | <input type="checkbox"/> | Calories are high in sold fats.                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Solid fats are high in calories.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Oils from plants, nuts and fish are the best for you. |

NAME THAT FAT



List three foods that are naturally rich in solid fat:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

OILS AND FATS WORD SEARCH

Find and circle these liquid oils that come from plants. They are hidden in all directions.

- Canola corn cottonseed olive oil  
safflower soybean sunflower peanut  
Oil plants calories liquid

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

LET-OFF!  
SAYS

Separate the words



With addressing and may  
scedon'toverdo.