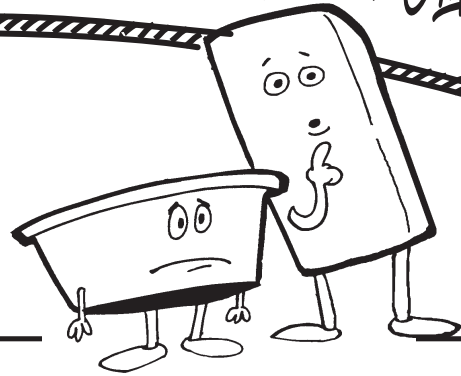
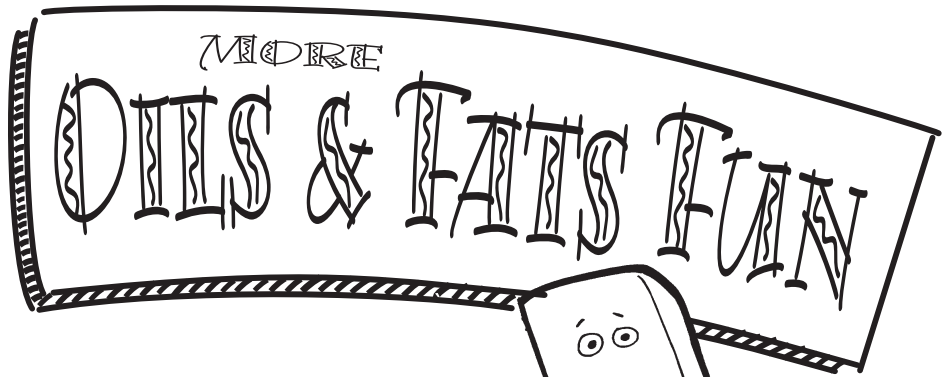
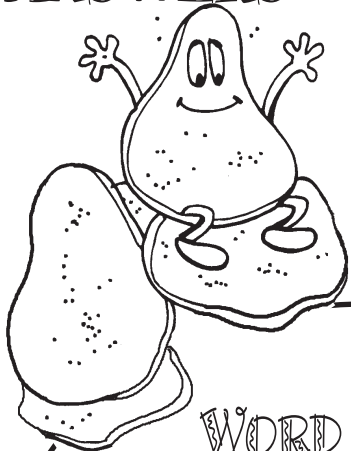


# ANSWERS



## WORD SCRAMBLE

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

1. tertub           butter
2. stanr aft          trans fat
3. ragarmeni          margarine
4. radl          lard

## TRUE OR FALSE...

True False

- Calories are high in sold fats.
- Solid fats are high in calories.
- Oils from plants, nuts and fish are the best for you.

## NAME THAT FAT

List three foods that are naturally rich in solid fat:

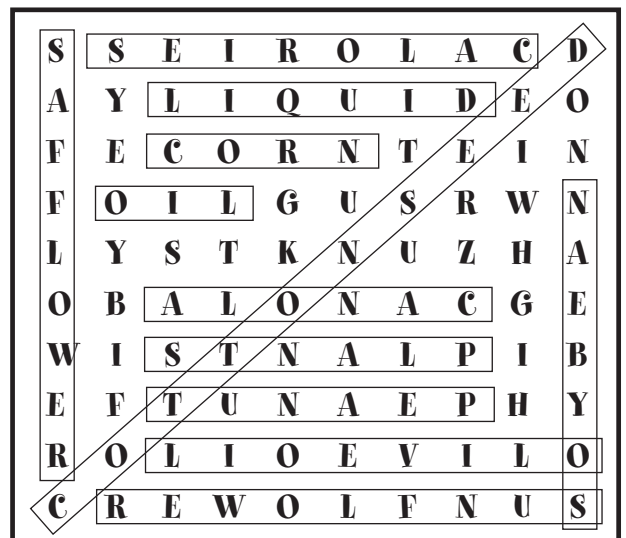
1.          cheese
2.          milk (whole)
3.          ice cream



## 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



## LET-DEE! SAYS

Separate the words

With sal addressings and mayonnaise don't overdo.

