

Where's the Fat?

Activity 1

Part 1:

You can find out if a food contains fat by rubbing it on a brown paper towel or red paper napkin. If the food contains quite a bite of fat, a translucent spot will appear where you have rubbed. Water in food will also produce a translucent spot, but a water spot will disappear when the water dries.

Materials Needed:

Granola bar	1/8 teaspoon margarine
Potato chip	Salad dressing
Chocolate chip cookie	French fry
1/8 teaspoon mayonnaise	Brownie
Roasted peanuts	Sunflower seeds
Carrot sticks	Apple
Cheese or club crackers	Brown paper towel
Measuring spoons	Knife
Cutting board	Marker

Directions:

1. Rub each food item on a flat piece of the brown paper towel.
2. Label the spots with the name of the food.
3. Allow the spots to dry for 20 minutes.
4. Make a chart and record whether fat was present.
5. What conclusions can you draw from your results?

Part 2:

This demonstration shows how enzymes in our intestines break down fat in the foods we eat into fine globules so that other enzymes can digest it.

Materials:

- 1 tablespoon cooking oil
- Clear glass or jar of water
- 2 tablespoons liquid soap
- Fork for mixing

Directions:

1. Mix cooking oil into water. The oil will accumulate on the top of the water. Mixing the combination will break up the fat, but they do not mix.
2. Add liquid soap and mix vigorously.
3. Oil does not disappear but breaks into many tiny globules. The soap is between the oil and the water.