Appendix O

Fats- the good the bad and the ugly

Health Canada: The Good, The Bad, and the Ugly - <http://www.hc-sc.gc.ca/hl-vs/alt_formats/pdf/iyh-vsv/med/fats-gras-eng.pdf>

1. Why do people need fat in their diet?
2. In your notes complete a chart like the one below.

List the three types of fat and an example for each.

|  |  |  |
| --- | --- | --- |
| Type of fat | Food sources | What should I know about it? |
|  |  |  |
|  |  |  |
|  |  |  |

1. What is trans fat? Where does it come from in our food consumption??
2. Make a list of 5 popular foods and then beside it, suggest a healthier alternative.
3. When cooking at home, what are some low fat cooking tips? (4 examples)

Learning about the f-word …..

“Fibre”

University of Western Ontario, Brescia College: The Other F Word - <http://www.brescia.uwo.ca/documents/GoodTimesNovemberPiche.pdf>

1. What are whole grains? Why do manufacturers want to remove part of the kernel/seed?
2. They say there is a whole grain for each letter of the alphabet. Can you name a few

 A- B- C- D-

 R- S- T- Q- R- S-

1. What is the difference between soluble and insoluble fibre? Why do we need “roughage” in our diet?
2. In a chart list grains according to whether they are soluble or not

|  |  |
| --- | --- |
| Soluble  | Insoluble |
|  |  |
|  |  |
|  |  |
|  |  |

1. What does GI stand for?? Why should we choose fibre with a low GI value?
2. Why is fibre so important in your diet? 3 points