

Name: _____

Finding Fat Facts

Using the “Learning about Fats” article, answer the following questions with complete sentences.

1. What is fat?
2. What are the three major types of fat and where do they come from?
3. Name 3 things that fat does to help our bodies work properly.
4. Name 4 foods that have lots of fat in them.
5. According to MyPyramid for Kids, how often should we eat foods like these?