

La Familia / Casa y Campo Project Promotora Program



Nutrition Lesson # 2: Find the Hidden Fat in Foods!

By the end of the lesson the participant will have:

- Learned the importance of choosing low fat foods for herself and her children
- Practiced how to choose low fat foods at a fast food restaurant, at the store, and at home
- Practiced looking for fat content on a nutrition label

For demonstration

- Radio Nutrición segment: *Menos Grasa*
- Sets to demonstrate fat content (fast foods, snacks, other foods)
- Laminated card with nutrition labels

Help the participant understand how to read a nutrition label to identify which foods are high in fat:

Assessment:

- How can you tell how much fat a product contains?

Activity:

- Show participant the nutrition label.
 - What is the total fat content of this product?
 - What is the total fat content of some foods that are already in your kitchen?

Help the participant understand why it is important to choose foods that are low in fat for their children (obesity, heart disease, diabetes):

Assessment:

- What kinds of foods that are high in fat does your family like to eat?

Activity:

- Listen to the Radio Nutrición segment: *Menos Grasa*.

Reflection:

- How can you reduce the amount of fat in the foods you prepare in your house?
- What might happen if you don't reduce your family's fat intake?

Help the participant learn to identify foods that are high in fat in fast food restaurants and at the store:

Assessment:

- How does advertising target children to eat high fat foods?

Activity:

- Allow the participant to compare the tubes of fat from fast food restaurants, snacks, and other foods.
 - What is the difference between the green and red tubes?
 - Which foods have lower fat content?
 - How could you put together a low fat meal at McDonalds?
 - Which of these snacks are better for your child? Why?

Reflection:

- What are some obstacles to reducing your family's overall fat intake? How can you overcome them?