

**UNIT 2:
Know Your Options**

Have healthy fats!



Our bodies need some fat from foods, but it's best to limit the amount of fat you eat. Some kinds of fat are healthier than others (such as fats from nuts and beans), but all kinds of fat should be eaten in moderation. Column A shows common sources of unhealthy fats and Column B shows healthier options.

Students, use the "student" columns to mark the foods from Columns A and B that you have eaten in the past week. Use the "parent" columns to mark the foods from Columns A and B that your parent tells you that he or she has eaten in the past week.

 STUDENT
PARENT

**COLUMN A –
UNHEALTHY FATS**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Fried potatoes/
French fries |
| <input type="checkbox"/> | <input type="checkbox"/> | Potato chips |
| <input type="checkbox"/> | <input type="checkbox"/> | Fried chicken (strips,
nuggets, wings, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> | Fried seafood (shrimp,
calamari, fish, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> | Creamy salad dressing, dip |
| <input type="checkbox"/> | <input type="checkbox"/> | Cream cheese |
| <input type="checkbox"/> | <input type="checkbox"/> | Whole milk |
| <input type="checkbox"/> | <input type="checkbox"/> | Ice cream |
| <input type="checkbox"/> | <input type="checkbox"/> | Donuts, pastries, baked
goods (croissants, muffins,
churros) |
| <input type="checkbox"/> | <input type="checkbox"/> | Fatty meats (hamburgers,
sausage, bacon, hot dogs,
dark meat chicken) |

 STUDENT
PARENT

**COLUMN B –
HEALTHY FATS**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Baked or roasted potatoes,
rice, or pasta |
| <input type="checkbox"/> | <input type="checkbox"/> | Nuts, pretzels, air popped or
light microwave popcorn |
| <input type="checkbox"/> | <input type="checkbox"/> | Baked or roasted chicken |
| <input type="checkbox"/> | <input type="checkbox"/> | Baked or grilled fish,
canned tuna |
| <input type="checkbox"/> | <input type="checkbox"/> | Vinaigrette salad dressing
or hummus |
| <input type="checkbox"/> | <input type="checkbox"/> | Peanut butter |
| <input type="checkbox"/> | <input type="checkbox"/> | Skim (fat-free) or 1% milk |
| <input type="checkbox"/> | <input type="checkbox"/> | Low fat yogurt,
frozen yogurt, pudding |
| <input type="checkbox"/> | <input type="checkbox"/> | Oatmeal |
| <input type="checkbox"/> | <input type="checkbox"/> | Lean meats (white meat
chicken, turkey, vegetarian
proteins like beans or tofu) |



Student: Answer these questions about the foods on the checklist.

Look at the foods you checked from in column A. Would it be hard to eat less of these foods?

Yes No (circle one)

Why or why not?

Look at the foods in column B. These foods are alternatives to the foods from column A that are not high in unhealthy fats. List 3 foods from column B that you like to eat:

1. -----
2. -----
3. -----

Student: Ask your parent to answer these questions about the foods on the checklist, and fill in the responses below.

Look at the foods your parent checked in column A. Ask your parent: "Would it be hard for you to eat less of these foods?"

Yes No (circle one)

Why or why not?

Look at the foods in column B. These foods are alternatives to the foods from column A that are not high in unhealthy fats. Ask your parent to list 3 foods from column B that he/she likes to eat:

1. -----
2. -----
3. -----