

SECTION 7 - FOOD LABELLING

Activity Sheet 2—Fat level comparisons

Fill in the missing words.

Too much saturated fat in the diet can _____ the risk of _____ because it may raise blood _____ levels. Having unsaturated _____ can actually lower blood cholesterol. There are two types of unsaturated fat—_____ and _____. So for a _____ diet try to choose foods high in unsaturated fat.

increase	healthier	polyunsaturated	fat
cholesterol		heart disease	monounsaturated

Now take this sheet with you to a supermarket. Find the different types of oils and fats and use the information on the food label to complete the table below. All figures should be based on 100g/100ml of the fat/oil.

	Olive oil	Butter	Sunflower oil	Vegetable oil	Lard	Corn oil	Sesame oil
Fat							
of which saturates							
of which monounsaturates							
of which polyunsaturates							

The fat/oil with the highest amount of saturated fat is:

The fat/oil with the lowest amount of saturated fat is:

The fat/oil with the highest amount of monounsaturated fat is:

The fat/oil with the highest amount of polyunsaturated fat is:

Alternatively you can use the labels contained in resource sheet 1.

SECTION 7 - FOOD LABELLING

ANSWERS—Activity Sheet 2

Fill in the missing words.

Too much saturated fat in the diet can increase the risk of heart disease because it may raise blood cholesterol levels. Having unsaturated fat can actually lower blood cholesterol. There are two types of unsaturated fat—polyunsaturated and monounsaturated. So for a healthier diet try to choose foods high in unsaturated fat.

increase	healthier	polyunsaturated	fat
cholesterol		heart disease	monounsaturated

Now take this sheet with you to a supermarket. Find the different types of oils and fats and use the information on the food label to complete the table below. All figures should be based on 100g/100ml of the fat/oil.

	Olive oil	Butter	Sunflower oil	Vegetable oil	Lard	Corn oil	Sesame oil
Fat	99.9ml	82.2g	99.9ml	99.9ml	99g	99.9ml	99.7ml
of which saturates	14.3ml	52.1g	12ml	14.4ml	40.3g	12.5ml	14.6ml
of which monounsaturates	73ml	20.9g	20.5ml	29.9ml	43.3g	20.5ml	37.5ml
of which polyunsaturates	8.2ml	2.8g	64ml	51.3ml	10g	63.3ml	43.4ml

The fat/oil with the highest amount of saturated fat is:

The fat/oil with the lowest amount of saturated fat is:

The fat/oil with the highest amount of monounsaturated fat is:

The fat/oil with the highest amount of polyunsaturated fat is:

Butter
Sunflower oil
Olive oil
Sunflower oil



TUTORS TIP!

Alternatively you can use the labels contained in resource sheet 1.

SECTION 7 - FOOD LABELLING

Resource Sheet 1—Fat and oil labels

Lard (figures per 100g)

Fat 99g
Of which saturates

Sunflower Oil (figures per 100ml)

Fat

Sesame Oil (figures per 100ml)

Fat 99.7ml

Butter (figures per 100g)

Fat 82.2g
Of which saturates

Olive Oil (figures per 100ml)

Fat 99.9ml

Corn Oil (figures per 100ml)

Fat 99.9ml

Vegetable Oil (figures per 100ml)

Fat