

SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 7: Unsaturated Fats

THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned that there are two very different types of fats. One type of fat is called saturated fats, these fats are harmful to our bodies. The other type of fat is called unsaturated

fats, these fats can be beneficial to our overall health. Most importantly, students learned that not all fats are bad fats, in fact some fats can actually benefit our cardiovascular (heart) health!

WHAT THIS MEANS AT HOME:

WHAT ARE UNSATURATED FATS (GOOD FATS)?

When you think about unsaturated fats, picture a metal chain that has the ability to bend, flex, and move. The chain links represent the loose bonds that make "unsaturated" fats which are fluid-like or liquid at room temperature. Examples of unsaturated fats include fish, seeds, nuts, avocados, and plant based oils like olive oil.

WHAT ARE SATURATED FATS (BAD FATS)?

When you think about saturated fats, picture a building being made of bricks and cement. The tightly cemented bricks represent the tightly packed bonds that make "saturated" fats. Just how cement becomes solid and holds the bricks together, the bonds of saturated fats become solid at room temperature. Examples of saturated fats include butter, cream, margarine, shortening, animal fat, lard, tallow, palm oil, and coconut oil.

WHY ARE FATS IMPORTANT FOR CARDIOVASCULAR (HEART) HEALTH?

Scientific research has shown that not all fats are bad fats! Various types of healthy fats can help protect our bodies from high cholesterol, diabetes, and high blood pressure. These fats are healthy and we actually need to try eating more of them. Examples of healthy fats include:

- Omega-3 Fatty acids which are found in foods like salmon and trout, chia and flaxseeds, and walnuts.
- Monounsaturated fats found in foods like almonds, avocados and certain oils like olive oil.

FAMILY ACTIVITIES & TABLE TALK

Pick one day each week to engage in these fun healthy eating activities and use these healthy discussion questions to get the dinner table conversations started!

HEALTHY SUBSTITUTES!

Make a list of items that contain a lot of trans and saturated fats and work together to find a healthy substitute to replace that item. For example: whole milk vs. low-fat milk; sour cream vs. low-fat plain yogurt.

WHOA, SLOW, GO SCAVENGER HUNT

You will need three different colors of tape: red, yellow, and green. Work together as a family to go on a Whoa, Slow and Go food scavenger hunt in your house. Label each food accordingly (whoa foods- red, slow foods- yellow, and go foods- green) with the correct color. If you see a lot of red and yellow items in your fridge/pantry make a healthy eating plan or brainstorm fun ways to make healthy substitutes for those items.

DISCUSSION QUESTIONS

1. What are some of your favorite family desserts? Write down all of the ingredients and then find a way to revise the recipe and add healthy fat substitutes.
2. What should we do in the grocery store to avoid buying high-fat foods?



HELLO FROM COMMON THREADS!

www.commonthreads.org

#cookingforlife

Common Threads is a non-profit bringing health and wellness to children, families, and communities through cooking and nutrition education.

Your child's teacher is teaching our Small Bites lessons on healthy snacks and nutrition. As a part of this program, these parent newsletters are being sent home to share what your student is learning and give them a chance to share healthy information with the family!

KIDS ACTIVITY

7

UNSATURATED FATS

#cookingforlife



JOIN THE COMMON THREADS FAMILY!

Join Common Threads to help your student make healthy choices at school and at home!

1. Go to www.commonbytes.org, make a free account and explore healthy and affordable recipes.
2. Sign up for healthy reminders via text message from Common Threads by texting @CThreads to 81010. Standard messaging rates apply.
3. Check with your student's school to sign-up for Common Threads Family Cooking Classes and Parent Workshops! Not offered at your school? Help us bring them to you by emailing classes@commonthreads.org.



UNSATURATED FATS FOR THE WIN

KIDS! SHOW WHAT YOU KNOW!

Directions: Look in your fridge or pantry for different types of food with nutrition labels. Use the information on the nutrition label to determine which items contain good fats and which items contain bad fats. When you finish organizing your food products fill in the T-Chart below with the name of each item. Post this chart on your fridge as a reminder to help you make healthy food choices all year long!

GOOD FATS (look for foods that contain more unsaturated fats)	BAD FATS (look for foods that contain more saturated fats)