

# PHILAME FAMILY ACTIVITY MANUAL

PHILAME

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NATIONAL  
CANCER  
INSTITUTE

**ACTIVITY 3 - 22 minutes****Fat in Snacks & 'a serving' of Fruits & Vegetables****Instructions to Team Leader:**

**For this Activity, you will need the vegetable shortening (Crisco), teaspoons from your kitchen, one small baggy per Team member and the snack cards (located in the Manual Pocket). Read aloud.**

- ✓ Turn to page 9 of your Workbook. This Activity is about the amount of fat in different snacks. We will learn more about types of fats in a later Session. For now, the object is to look at Food Labels and figure out the amount of fat in snack foods.
- ✓ Everyone should choose one of the snack items on these cards **(including the Team Leader)**. Pick something that you eat or something that is a favorite of someone you know. The snack card has information about portions and the snack's food label.
- ✓ You will calculate how many servings are in what you would usually eat and then figure out how many calories and grams of fat are in that snack. The work sheet is on page 10 of your Workbook **(next page of the Manual)**.
- ✓ First, a word about serving size and portions. The serving size on a food label may have nothing to do with the amount you would usually eat. The average portion might be several times more than 'one serving.' So when looking at the numbers on a food label, one of the first things to do is figure out how many servings are in your usual portion.
- ✓ Follow the instructions, and you'll end up with the amount of fat in each snack scooped out into the baggy.
- ✓ Everyone should complete the task, and when done, we can share what we found.



**Let each Team member complete their calculations and scoop out the fat for their snack. When they are done, ask Team members (and yourself) to report their results. Then continue reading on page 13.**