

NAME \_\_\_\_\_

BLOCK \_\_\_\_\_

DATE \_\_\_\_\_

# FAT, FAT, FAT ASSIGNMENT

Select 5 foods of your choice (as long as the item has at least 1 gram of fat). In the chart below, fill in the per-serving amounts of calories, grams of fat (look for the g). Calculate the calories from fat in the food item (grams of fat X 9) and record under Fat Calories. Finally, divide the Fat Calories by the total calories in the food item, multiply this by 100 (round your answer to the nearest whole number) and record this under % of calories from fat. (15 points)

FOOD	TOTAL CALORIES	GRAMS OF FAT*	FAT CALORIES	% OF CALORIES FROM FAT

\*remember: food item must contain at least one gram of fat!