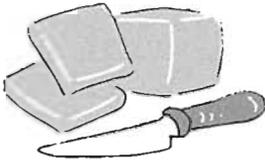
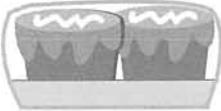
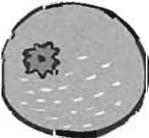


Guess the Fat Activity

Try to guess the amount of fat (in teaspoons) that is found in each food.

Write your answers on the "My Guess" line.

		Teaspoons of Fat	
Food		My Guess	True Amount
	2 ounces cheddar cheese	_____	_____
	2 tablespoons sour cream	_____	_____
	2 pieces fried chicken	_____	_____
	2 snack cakes (1 package)	_____	_____
	1 beef hotdog	_____	_____
	1 cup cooked beans	_____	_____
	1 orange	_____	_____