










Guess the Fat Activity

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

Write your answers on the “My Guess” line.

Food	Teaspoons of Fat	
	My Guess	True Amount
 2 ounces American cheese	_____	_____
 2 tablespoons regular mayonnaise	_____	_____
 2 pieces fried chicken (wing and thigh)	_____	_____
 1 beef hotdog (2 ounces)	_____	_____
 1 cup cooked beans	_____	_____
 2 snack cakes (1 package)	_____	_____
 1 orange	_____	_____