

To help you complete this worksheet, use the Good Food for You book.

Fats

Fats are not a food group, but we need small amounts of them every day. Fats give the body _____. Some fats are healthy, such as those from _____, nuts, or some fish. Other we should eat in small amounts, such as those from red _____ and milk products.



_____ is high in _____ fat. This is a healthy kind of fat.

_____ is a kind of fish that has healthy fats.

_____ is high in _____ fat. Too much of this kind of fat is bad for the heart.

_____ are the fruits of the avocado tree. They are rich in vitamins, minerals, and healthy fats.