

SAINT ANGELA SCHOOL

ALTERNATIVE LEARNING PLAN ASSIGNMENTS

Week of March 30-April 3, 2020

Teacher Mrs. Franklin

Grade 3-5th

The Alternative Learning Plan Assignments listed below will facilitate continuous uninterrupted learning with assignments based on the academic standards promulgated by the State of Illinois and the Archdiocese of Chicago. Scholars are expected to complete the assignments as described, and submit them when they return to school. That date has yet to be determined. Each Sunday around 5:00 PM, beginning on March 15 until school resumes, your scholar's Alternative Learning Plan Assignments will be posted on our school website. Parents, thank you in advance for your kind and generous assistance in extending learning into the home during this very difficult and trying time. Be safe and God bless!

Read article below and answer questions on a sheet of Looseleaf paper. Please make sure to put your name on your paper and Assignment Title "Fats are not created equal"

All Fats Are Not Created Equal!

Young people learn about the benefits to their bodies of eating reasonable portions of healthy fats and about what kinds of fats to choose.

Fat is an important nutrient, but you only need small amounts each day. It gives you energy and helps your body grow. Here are some of the important jobs fats do:

- Give you energy: During exercise your body uses carbohydrates for fuel for about 20 minutes. After that your body depends on fat to keep going.
- Keeps your skin and hair healthy.
- Helps you absorb vitamins A, D, E and K.
- Fills your fat cells and helps keep you warm.
- Helps your brain grow and adapt as you learn new information and have new experiences.
- Helps regulate blood sugar so your energy level stays even instead of bouncing all over the place.
- Keeps you feeling satisfied so you don't overeat.

Not all fats are "good" fats:

Trans fats are made when vegetable oils are processed (or hydrogenated) into shortening and stick margarine. Sources of trans fats include snack foods, baked goods and fried foods made with "partially hydrogenated vegetable oil" or "vegetable shortening."

Try to limit foods made with these ingredients. Trans fats can raise your cholesterol.

Saturated fats are most often found in foods that are solid at room temperature, like butter, cheese, palm and coconut oil and red meats.

Limit the amount of saturated fat and trans fat you have each day. This will help reduce your risk of heart disease and stroke.

Unsaturated fats, the healthy types of fats, come from both animal and plant products. There are two types:

- **monounsaturated fats** come from seeds or nuts such as avocado, olive, peanut and canola oils. Monounsaturated fat, in the right amounts, may reduce total cholesterol and LDL cholesterol (the “bad” cholesterol). They are liquid at room temperature.
- **polyunsaturated fats** come from vegetables, seeds or nuts such as corn, safflower, sunflower, soybean, cottonseed and sesame seed oils. Polyunsaturated fats can help lower cholesterol if you use them in place of saturated fats.

Answer the following Questions:

1. Fat is an important nutrient, and only needed in _____ amounts each day.
2. List 3 important jobs fats do
3. _____ are made when vegetable oils are processed.
4. Sources of trans fats include _____, _____, _____
5. These are often found in foods that are solid at room temperature, like butter, cheese, palm and coconut oil and red meats. _____
6. This fat comes from seeds or nuts such as avocado, olive, peanut and canola oils, in the right amounts it may reduce total cholesterol and LDL cholesterol (the “bad” cholesterol). They are liquid at room temperature.
 - a. Polyunsaturated fats
 - b. Monounsaturated fats
7. _____ fats come from vegetables, seeds or nuts such as corn, safflower, sunflower, soybean, cottonseed and sesame seed oils.

