

Week 4 Overview: Fierce Fats & Powerful Proteins

What are Fierce Fats?

- When it comes to fats, less is more. Too much fat and oil can prevent us from becoming SuperKids.
- Certain kinds of fats give us energy, protect our organs, help our brains develop, and help our bodies absorb certain vitamins and minerals that are in foods we eat.
- Good kinds of fat are called unsaturated fats. They are found in foods like: avocado, fish, nuts, olive and other vegetable oils.
- Unhealthy fats are called saturated or trans fats. They are found in whole milk, butter, ice cream, French fries, as well as chips, cookies, and desserts. Check the nutrition labels to see what kind of fat you are eating.
- One fat serving is ~1 teaspoon, and we want to limit ourselves to ~ 5 servings a day

What are Powerful Proteins?

- Proteins are foods like chicken, eggs, fish, peanuts, tofu, pork, beef, and beans.
- Proteins help our muscles and tissue, and they also help increase iron. Iron carries oxygen in the red blood cells from our lungs to other parts of our bodies.
- Proteins often come from animals and animals have fat, so leaner meats help us get our protein without all the unhealthy fat. Lean meats are things like chicken, fish, pork
- Protein serving size is ~3 oz. or the size of a deck of cards. We need 4-5 oz. each day.

What to expect this week:

- Activity: Fierce Fats Word Search
- Recipe: Sandwich Kabobs



Week 4 Activity: Fierce Fats

Word Search

Supplies Needed

- Crayons/markers

Directions: Complete the word search by finding and circling the Fierce Fats listed below.

- Olive Oil
- Fatty Fish
- Avocado
- Vegetable Oil
- Nuts
- Seeds

T	O	D	R	B	L	J	V	R	P	T	E	L	U
B	L	X	Q	O	F	A	T	T	Y	F	I	S	H
Y	I	T	L	Y	P	S	M	B	I	O	P	E	W
J	V	E	U	C	T	A	H	U	E	E	K	L	D
M	E	Y	E	V	H	M	O	L	P	C	S	K	Q
X	O	L	C	A	P	X	B	L	A	Y	X	T	P
A	I	E	O	S	N	A	K	U	X	R	S	O	B
U	L	F	D	E	T	W	A	V	O	C	A	D	O
C	B	G	I	E	X	L	H	W	O	N	S	E	T
Q	Y	U	G	D	P	N	D	Y	E	V	T	A	O
K	P	E	M	S	J	L	O	Q	I	S	U	C	E
I	V	X	U	E	F	K	A	L	V	Z	N	H	W

WEEK 4 RECIPE

SANDWICH KABOBS

INGREDIENTS

1 SLICE OF SANDWICH MEAT

1 STRING CHEESE

2 GRAPE TOMATOES

1 BABY PICKLE (OPTIONAL)

1 SLICE OF WHOLE WHEAT BREAD

MATERIALS

MINI COOKIE CUTTERS (OPTIONAL)

SHARP KNIFE (TO CUT INGREDIENTS)

WOODEN KABOB STICKS

DIRECTIONS

1. ROLL UP SANDWICH MEAT AND CUT INTO 4 PIECES
2. CUT STRING CHEESE INTO 5 PIECES
3. CUT BABY PICKLE IN HALF
4. CUT BREAD INTO SMALL SQUARES OR SHAPES USING MINI COOKIE CUTTERS TO CREATE SHAPES
5. PLACE THE "SANDWICH" ON THE KABOB IN ANY PREFERRED ORDER. EXAMPLE: BREAD, CHEESE, TOMATO, MEAT, PICKLE, CHEESE, MEAT, BREAD
6. ENJOY!

