Microbe Magic Experiments

http://microbemagic.ucc.ie

Healthy living – Measure the fat in the food you eat!

Do you know how much fat is in the foods you like to eat? Fat is very important in your diet but you only need a little fat every day. Try out this simple test to see the hidden fat in foods!

What you will need

Brown paper bag

Any food you like but do include a little butter and a slice of apple. You only need a little of each food. Remember to use only one food at a time (just a potato slice, not a potato slice with butter!)

What to do:

- Tear the paper bag into equal sized squares as evenly as you can.
- Write the name of the different foods you have collected at the top of the paper square you are going to use to examine it.
- Rub each piece of food onto its paper square.
- You will need to treat each piece of food in the same way, so as you are rubbing count to 15 with each piece.
- Leave the paper (make sure they each have their own space) for at least two hours (or overnight) in a cool, dry place.
- Write a list of each food you have experimented with and predict which will contain the most fat.
- When you look again, you will see that foods with the highest fats leave the greasiest spots on the paper.
 - Did you predict correctly which foods contained the most fat? You can see how much fat some foods contain by reading the food labels in the supermarket. You can do a survey in the supermarket to see which foods contain the most fat!