



LEARNING ABOUT FATS



NOW, WE WILL FIRST DISCUSS AND LEARN ABOUT FAT. HERE, WE WILL DISCUSS TWO MAIN TOPICS: ONE, WHAT IS A FAT AND TWO, WHY DO FATS MATTER.



ACTIVITY: FAT VERSUS MUSCLE

LET'S BEGIN. WHO CAN TELL US WHAT THIS IS?

HOLD UP THE FIVE POUND REPLICA OF FAT. DEPENDING ON THE RESPONSES, CUE FOR "FAT"

NOW, WHO CAN TELL US WHAT THIS IS?

HOLD UP THE FIVE POUND REPLICA OF MUSCLE. DEPENDING ON THE RESPONSES, CUE FOR "MUSCLE"

AS WE PASS THESE TWO REPLICAS AROUND TO YOU, CONSIDER THAT BOTH THE FAT AND THE MUSCLE EACH WEIGH THE SAME AMOUNT, FIVE POUNDS. HOWEVER, THERE'S ONE DIFFERENCE BETWEEN THE TWO. WHAT DO YOU THINK IS THAT DIFFERENCE?

PAUSE FOR RESPONSES.

YOU MIGHT HAVE ALREADY GUESSED THIS, BUT THERE IS A DIFFERENCE IN SIZE BETWEEN THE TWO. ALSO, COMPARED TO THE FAT REPLICA, THE MUSCLE FEELS LIKE IT WEIGHS MORE BECAUSE IT IS LEAN WEIGHT - IT'S DENSER BECAUSE THERE'S NO FAT ON IT. HOWEVER, IF YOU HAVE MORE MUSCLE ON YOUR BODY, YOU WILL NOT LOOK HEAVIER! INSTEAD, YOU WILL LOOK LEANER BECAUSE MUSCLE TAKES UP LESS SPACE COMPARED TO FAT. MORE MUSCLE IS SIGNIFICANTLY HEALTHIER THAN FAT. LET'S TALK ABOUT THIS IN THE CONTEXT OF OUR BODIES. WHICH ONE WOULD YOU LIKE TO HAVE MORE OF, FAT OR MUSCLE? WHY?

PAUSE FOR RESPONSES.



ACTIVITY: BENEFITS & BARRIERS

MOVING ON, LET'S CONSIDER THIS PICTURE OF A STOPLIGHT.

DISPLAY STOPLIGHT POSTER.

AS YOU CAN SEE, THE WORDS "STOP, WAIT, AND GO" ARE WRITTEN NEXT TO THE COLORS RED, YELLOW, AND GREEN, RESPECTIVELY.

LET'S PRETEND THAT THE BENEFITS TO HAVING MORE MUSCLE ARE SYMBOLIZED AS A "GREEN" LIGHT. THERE ARE MANY BENEFITS TO HAVING MORE MUSCLE, AND CONSEQUENTLY DECREASING FAT IN OUR BODIES. FOR EXAMPLE, SOME LATINAS IN THE COMMUNITY TOLD US THAT ONE OF THE BENEFITS TO BUILDING MUSCLE INCLUDES HAVING MORE ENERGY, BEING HEALTHIER AND FEELING STRONGER. ANOTHER BENEFIT WAS THAT THEIR CLOTHES FIT BETTER AND THEY LOOKED LEANER.

MANY PEOPLE ARE MOTIVATED BY DIFFERENT FACTORS THAT DRIVE THEM FORWARD TO BUILD MUSCLE. FOR EXAMPLE, SOME LATINAS IN THE COMMUNITY TOLD US THAT A MOTIVATIONAL FACTOR FOR THEM IS WHETHER THEIR CLOTHES ARE BECOMING TOO TIGHT. WHEN THEIR CLOTHES STARTED GETTING TIGHTER, THEY WERE HIGHLY MOTIVATED TO START LOSING WEIGHT. **WHAT MOTIVATES YOU TO BUILD MUSCLE?**

PAUSE FOR RESPONSES

LET'S GO ON. LET'S PRETEND THAT THE BARRIERS TO HAVING MORE MUSCLE ARE SYMBOLIZED AS A "RED" LIGHT -MANY FACTORS IN OUR EVERYDAY LIFE PREVENT US, OR GET IN THE WAY, OF LOWERING THE FAT IN OUR BODY.

FOR EXAMPLE, SOME LATINAS IN THE COMMUNITY TOLD US THAT THEY CONTINUE USING LOTS OF FAT IN THEIR COOKING BECAUSE



ACTIVITY: BENEFITS & BARRIERS

THEIR HUSBANDS WON'T EAT THE FOOD IF IT DOESN'T TASTE THE SAME AS THE FULL FAT VERSION. ARE THERE SUCH FACTORS FOR YOU AND YOUR FAMILY THAT PREVENT YOU FROM ADOPTING FOODS LOWER IN FAT?

 **VALIDATE RESPONSES**

THESE ARE ALL VERY VALID REASONS THAT YOU'VE SHARED WITH US TODAY. IN TODAY'S WORKSHOP AND THE ONE TO FOLLOW IN TWO WEEKS, WE HOPE TO SHARE MANY IDEAS WITH YOU THAT CAN HELP YOU AND YOUR FAMILY ADOPT A HEALTHIER NUTRITIONAL LIFESTYLE. WE WANT TO BE SURE THAT YOUR GREEN LIGHT IS ALWAYS SHINING BRIGHT, LETTING YOU MOVE FORWARD WITH YOUR GOALS TO REDUCE FAT IN YOUR FAMILY'S NUTRITION, AND WE WANT TO HELP YOU GET RID OF THE RED LIGHT AS MUCH AS POSSIBLE.

ARE THERE ANY QUESTIONS SO FAR?

OK, LET'S CONTINUE.



ACTIVITY: THE CHAIN GAME

LET'S CONSIDER THE AMOUNT OF FAT THAT THERE MIGHT BE IN A TYPICAL MEAL. WE HAVE TWO MEALS SHOWN HERE ON THE POSTERS: MEAL A AND MEAL B. BOTH OF THEM CONSIST OF A TAMALE, REFRIED BEANS, AND RICE.

👉 UNVEIL THE PHOTOGRAPH POSTER OF MEAL A AND MEAL B.

DO THE PLATES OF FOOD LOOK VERY SIMILAR TO YOU?

EXACTLY! THEY'RE SUPPOSED TO BE VERY SIMILAR IN APPEARANCE.

LET'S START BY DIVIDING THE CLASS IN TWO. GROUP A IS OVER HERE, AND GROUP B IS OVER HERE. GROUP A WILL DO SOMETHING WITH MEAL A, AND GROUP B WILL DO SOMETHING WITH MEAL B. READY?

EACH GROUP WILL HAVE A BUNCH OF THESE BIG METAL CLIPS. WE WANT YOU TO LINK THESE METAL CLIPS TOGETHER (FACILITATOR: SHOW HOW TO DO THIS WITH 2-3 CLIPS) INTO A CHAIN TO DEPICT TO THE CLASS HOW MUCH FAT IS IN EACH MEAL. EACH METAL CLIP WILL REPRESENT ONE GRAM OF FAT. IN EACH BAG YOU WILL FIND A PAPER WITH THE AMOUNT OF FAT THAT IS IN EACH MEAL. PLEASE WORK QUICKLY AS A GROUP TO LINK THE CLIPS TOGETHER, AND PLEASE DO NOT SHOW THE OTHER GROUP THE PIECE OF PAPER.

👉 FACILITATORS: TELL GROUP A = 6 GRAMS. TELL GROUP B = 60 GRAMS. PAUSE FOR PARTICIPANTS TO WORK TOGETHER.

OKAY, WHAT DO YOU SEE? (PAUSE FOR RESPONSES) ISN'T THERE A VERY LARGE DIFFERENCE IN THE SIZE OF THESE TWO CHAINS? DOES IT SURPRISE YOU THAT EVEN THOUGH THESE TWO PLATES LOOK IDENTICAL PLATE A HAS MUCH LESS FAT THAN PLATE B?



ACTIVITY: TYPES OF FATS

AS YOU CAN SEE, BOTH PLATES LOOK ALIKE. BUT THE WAY IN WHICH THEY WERE COOKED MAKES THEM DIFFERENT. ONE HAS MORE FAT THAN THE OTHER. FOR INSTANCE, ONE USED LARD TO PREPARE THE DOUGH FOR THE TAMALES AND TO FRY THE BEANS, WHILE THE OTHER PLATE USED VEGETABLE OIL, AN OPTION THAT'S MUCH HEALTHIER.

WE WILL BE TEACHING YOU OTHER SIMILAR WAYS TO GIVE LOTS OF FLAVOR TO YOUR FOODS, WHILE LOWERING THE FAT.

WE'VE TALKED A LOT ABOUT FAT IN GENERAL. HOWEVER, THERE ARE DIFFERENT TYPES OF FATS, AND THE DISTINCTION IS SO IMPORTANT WE WANT TO TAKE A MOMENT TO HIGHLIGHT THE DIFFERENCES.

FIRST, THOUGH, WE WANT TO LEARN WHAT YOU ALREADY KNOW. THIS IS NOT A QUIZ, SO PLEASE ANSWER FREELY. WE ARE ALL HERE TO LEARN!

 *FACILITATORS: LISTEN CAREFULLY TO PARTICIPANT'S RESPONSES AND SUPPLEMENT WITH THE PROVIDED INFORMATION BELOW AS NEEDED.*

Q: NOT ALL FATS ARE BAD FOR YOU. CAN ANYONE TELL US MORE ABOUT WHAT IS CONSIDERED TO BE A "GOOD" FAT? DON'T WORRY THIS IS NOT AN EXAM. WE ARE ALL HERE TO LEARN.

A: GOOD FATS ARE UNSATURATED FATS AND USUALLY COME FROM PLANT SOURCES.

Q: CAN ANYONE TELL US MORE ABOUT WHAT IS CONSIDERED TO BE A "BAD" FAT?



ACTIVITY: TYPES OF FATS

A: BAD FATS ARE SATURATED FATS AND USUALLY COME FROM ANIMAL SOURCES.

Q: HAVE YOU HEARD OF TRANS FATS?

A: TRANS FATS ARE FATS THAT START OFF BEING GOOD AND TURN INTO BAD FATS.

WE'VE NOW COVERED THE THREE MAIN TYPES OF FATS. THE GOOD FATS ARE CALLED UNSATURATED FATS. THE BAD FATS ARE CALLED SATURATED FATS. AND THE TRANS FATS ARE IN A SPECIAL CATEGORY THAT WE'LL TALK MORE ABOUT IN A MOMENT.

LET'S TALK FIRST ABOUT IDENTIFYING DIFFERENT TYPES OF FATS. HERE'S A VERY HELPFUL TIP; THE EASIEST WAY TO IDENTIFY THE GOOD FATS, ALSO CALLED THE UNSATURATED FATS, IS TO KNOW THAT THEY MOSTLY COME FROM PLANT SOURCES AND THEY ARE USUALLY LIQUID AT ROOM TEMPERATURE.

THE EASIEST WAY TO IDENTIFY THE BAD FATS, ALSO CALLED THE SATURATED FATS, IS TO KNOW THAT THEY MOSTLY COME FROM ANIMAL SOURCES, AND ARE USUALLY SOLID AT ROOM TEMPERATURE. YOU CAN SEE THIS DRAWN OUT ON THIS SHEET.

 UNVEIL THE POSTER WITH CAPTIONS DEPICTING PLANT ("UNSATURATED") VERSUS AN ANIMAL ("SATURATED") FATS.

HERE'S ANOTHER VERY EASY TIP THAT CAN REALLY HELP WHEN YOU'RE IN THE FAT/OIL AISLE AT THE MARKET: IF THE FAT IS FROM A SOURCE THAT HAS EYES, THEN IT'S SATURATED. IF IT COMES FROM A PLANT SOURCE, THEN IT'S UNSATURATED. HOWEVER, THERE ARE SOME EXCEPTIONS (POINT TO FISH, COCONUT, AND PALM TREE). FISH IS GENERALLY GOOD FOR YOU, EVEN THOUGH IT HAS BOTH KINDS OF FATS. ALSO, COCONUT OIL AND PALM OIL HAVE LOTS OF



ACTIVITY: TYPES OF FATS

SATURATED FAT, EVEN THOUGH THEY COME FROM PLANT SOURCES.

LET'S TAKE AN EXAMPLE, LARD. DOES IT COME FROM A SOURCE THAT HAS EYES? (PAUSE) DOES THAT MEAN IT'S SATURATED OR UNSATURATED? (PAUSE) IS IT A GOOD OR BAD FAT?

OK, LET'S PLAY A GAME! HOW MANY OF YOU HAVE HEARD OF OR SEEN THE GAME SHOW "¿QUÉ DICE LA GENTE?" ON UNIVISION? WELL, WE'RE GOING TO PLAY OUR OWN MINI VERSION OF IT NOW. WE KNOW NEITHER OF US LOOK VERY MUCH LIKE MARCOS ANTONIO REGIL, BUT LET'S JUST PRETEND!

 DISPLAY ALL EMPTY PRODUCT CONTAINERS (E.G. BUTTER, MARGARINE)

WE HAVE SEVERAL FOOD BOXES, CONTAINERS, ETC THAT REPRESENT COMMONLY SEEN FOODS. WE WILL HOLD UP TWO ITEMS AT A TIME.

WE WANT YOU TO TELL US WHICH ITEM CONTAINS MORE SATURATED FAT, WHICH IS BAD FAT. THE FIRST PERSON THAT RAISES THEIR HAND AND RESPONDS CORRECTLY GETS A POINT. IN THE END, THE PERSON WITH THE MOST POINTS WILL WIN A PRIZE. BEFORE WE BEGIN, WHO CAN TELL US THE EASIEST WAY TO TELL THE DIFFERENCE BETWEEN A SATURATED FAT AND AN UNSATURATED FAT?

 PAUSE FOR RESPONSES

GOOD! ARE THERE ANY QUESTIONS BEFORE WE PLAY THE GAME? OKAY, LET'S START.



ACTIVITY: TYPES OF FATS

HOLD UP ITEMS LABELED A1 AND A2.

Q: WHICH ONE HAS MORE SATURATED FAT?

ANSWER FOR A1/A2: SOUR CREAM

REPEAT PROCESS FOR ITEMS B THROUGH F.

ANSWER FOR B1/B2: LARD

ANSWER FOR C1/C2: POPCORN

ANSWER FOR D1/D2: BUTTER

ANSWER FOR E1/E2: CUP OF NOODLES

ANSWER FOR F1/F2: HOT DOGS/WEINERS

DO WE HAVE A WINNER? CONGRATULATIONS TO SEÑORA _____!

REMEMBER TO HAND OUT PRIZE (COLANDER)

LET'S MOVE ON AND DISCUSS **TRANS FATS** FOR A MINUTE. THE REASON THAT TRANS FATS ARE IN A CATEGORY OF THEIR OWN IS BECAUSE THEY ARE SPECIAL. AND WHEN WE SAY SPECIAL, IT'S NOT IN A GOOD WAY!

WE CALL TRANS FATS THE TRICKY FATS BECAUSE TRANS FATS BEGIN THEIR LIFE FROM A PLANT. THIS MEANS THAT THEY ARE A GOOD FAT, UNSATURATED, RIGHT?

NOT EXACTLY! THIS NEXT STEP IS WHERE THEY EARN THEIR NICKNAME AS THE TRICKY FATS, SO PLEASE LISTEN CAREFULLY.




ACTIVITY: TYPES OF FATS

ALTHOUGH TRANS FATS START OFF AS A GOOD FAT, THEY ARE CHEMICALLY ALTERED BY SCIENTISTS TO BECOME A BAD FAT. THAT'S RIGHT, ALTHOUGH THEY START OFF AS AN UNSATURATED FAT, THEY BECOME A SATURATED FAT AT THE END OF THE CHEMICAL ALTERATION.

TRANS FATS HELP THE FOOD INDUSTRY IN A VERY BIG WAY. THEY HELP FOODS LAST LONGER IN PACKAGING ON THE SHELF BECAUSE OF THE CHEMICAL REACTION.

DO YOU EVER WONDER HOW FOODS IN THE MIDDLE OF THE GROCERY STORE (THAT IS, NOT THE FOODS IN THE DAIRY CASE, OR IN THE PRODUCE SECTION, OR IN THE MEAT/POULTRY/FISH SECTIONS), STAY PRESERVED SO WELL FOR SUCH A LONG PERIOD OF TIME? IT'S OFTEN BECAUSE THEY USE THESE TRANS FATS TO EXTEND THE SHELF LIFE OF THE PRODUCTS.

MOST OF THE TASTY SNACKS WE LIKE ARE FOUND IN THE MIDDLE OF THE STORE AND CONTAIN TRANS FATS, LIKE CHIPS AND COOKIES. CAN YOU THINK OF ANY FOODS THAT DON'T CONTAIN TRANSFATS?

 PAUSE TO LET THE CLASS RESPOND TO THE QUESTION AND THEN GIVE EXAMPLES OF FOODS THAT DON'T CONTAIN TRANS FATS—e.g., FRUITS, VEGETABLES, MILK, MEAT, EGGS, POULTRY, etc.



ACTIVITY: THE COLORS OF MILK

WE'VE TALKED ABOUT THE DIFFERENT TYPES OF FATS. LET'S TAKE A MOMENT NOW AND TALK SPECIFICALLY ABOUT **MILK**. MANY PEOPLE BELIEVE THAT WHOLE MILK CONTAINS MORE NUTRITION THAN 2%, 1%, OR NONFAT MILK. IT DOESN'T CONTAIN MORE NUTRITION, IT CONTAINS MORE SATURATED FAT. REMEMBER WHAT WE JUST DISCUSSED, THAT ANYTHING WITH EYES HAS SATURATED FAT? WELL, BECAUSE MILK COMES FROM COWS, ALL MILK CONTAINS SOME SATURATED FAT.

THE LESS TOTAL FAT THERE IS IN MILK MEANS THAT THERE WILL BE LESS SATURATED FAT. SO, PRODUCTS LIKE 2%, 1%, OR NONFAT MILK ARE MUCH HEALTHIER FOR YOU AND YOUR FAMILY THAN WHOLE MILK, CREAM, AND HALF-AND-HALF. IT IS IMPORTANT TO REMEMBER THAT CHILDREN 2 YEARS OF AGE OR OLDER CAN START DRINKING LOWFAT AND REDUCED FAT MILK. MILK PROVIDES CALCIUM FOR STRONG BONES FOR YOU AND YOUR LOVED ONES, PARTICULARLY YOUR CHILDREN'S AND GRANDCHILDREN'S HEALTH AND GROWTH.

WE'D LIKE TO RECOMMEND THAT YOU TRY THE FOLLOWING EXERCISE AT HOME. A LOCAL PROMOTORA DE SALUD GAVE US THIS GREAT IDEA. SHE TOLD US THAT HER STUDENTS REPORTED BACK TO HER THAT IT WORKED SO WELL, THAT SHE NOW RECOMMENDS IT TO ALL OF HER CLIENTS.

MANY PEOPLE BUY MILK IN THE PLASTIC JUGS. HOW MANY OF YOU BUY MILK IN JUGS THAT LOOK LIKE THIS? WHAT COLOR OR PERCENT MILK DO YOU BUY?



HOLD UP EMPTY JUG AND SHOW CAP SWITCHING

BEFORE THE NEXT WORKSHOP, WE WOULD LIKE YOU TO TRY AN EASY TRICK AT HOME. OUR PROMOTORAS TOLD US THAT MANY FAMILIES IDENTIFY THE MILK



ACTIVITY: THE COLORS OF MILK

ONLY BY THE COLOR OF THE CAP. THEREFORE, WE WOULD LIKE FOR YOU TO KEEP THE CAP ONCE THE MILK YOU CURRENTLY HAVE IS FINISHED, BUY ANOTHER JUG OF MILK THAT IS ONE LEVEL LOWER IN FAT THAN YOU ARE CURRENTLY BUYING, AND THEN REPLACE THE NEW CAP WITH THE OLD CAP.

FOR EXAMPLE, IF YOU USUALLY BUY WHOLE MILK, WE WANT YOU TO BUY 2% MILK, BUT REMOVE THE 2% MILK CAP AFTER YOU BUY IT AND REPLACE IT AT HOME WITH THE WHOLE MILK CAP. THEN, AFTER THE 2% MILK IS FINISHED, YOU WOULD BUY 1% MILK, AND REPLACE IT WITH THE 2% CAP. YOU CAN CONTINUE DOING THIS UNTIL YOUR FAMILY REACHES A TASTE LEVEL WITH WHICH THEY ARE COMFORTABLE. IT WILL BE SUCH A GRADUAL CHANGE THAT YOUR FAMILY WILL BARELY NOTICE THE DIFFERENCE IN TASTE. DON'T TELL YOUR FAMILY MEMBERS THAT YOU ARE SWITCHING THE CAPS. SO, IT'D BE YOUR LITTLE SECRET...AND A HEALTHY SECRET AT THAT! DO YOU HAVE ANY QUESTIONS?

WOULD YOU BE WILLING TO TRY THIS? WE WOULD LIKE FOR YOU ALL TO REPORT BACK NEXT TIME AS TO WHAT HAPPENS WHEN YOU TRY THIS WITH YOUR FAMILY. IF YOU'RE HESITANT TO TRY THIS, CONSIDER COMBINING HALF OF THE HIGHER FAT MILK WITH HALF OF THE LOWER FAT MILK OF YOUR CHOICE.

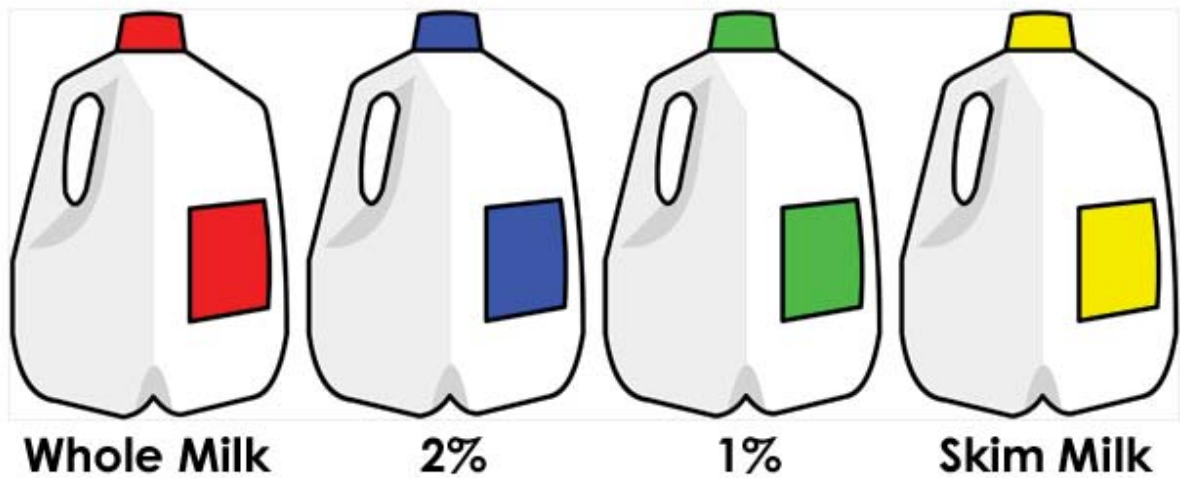
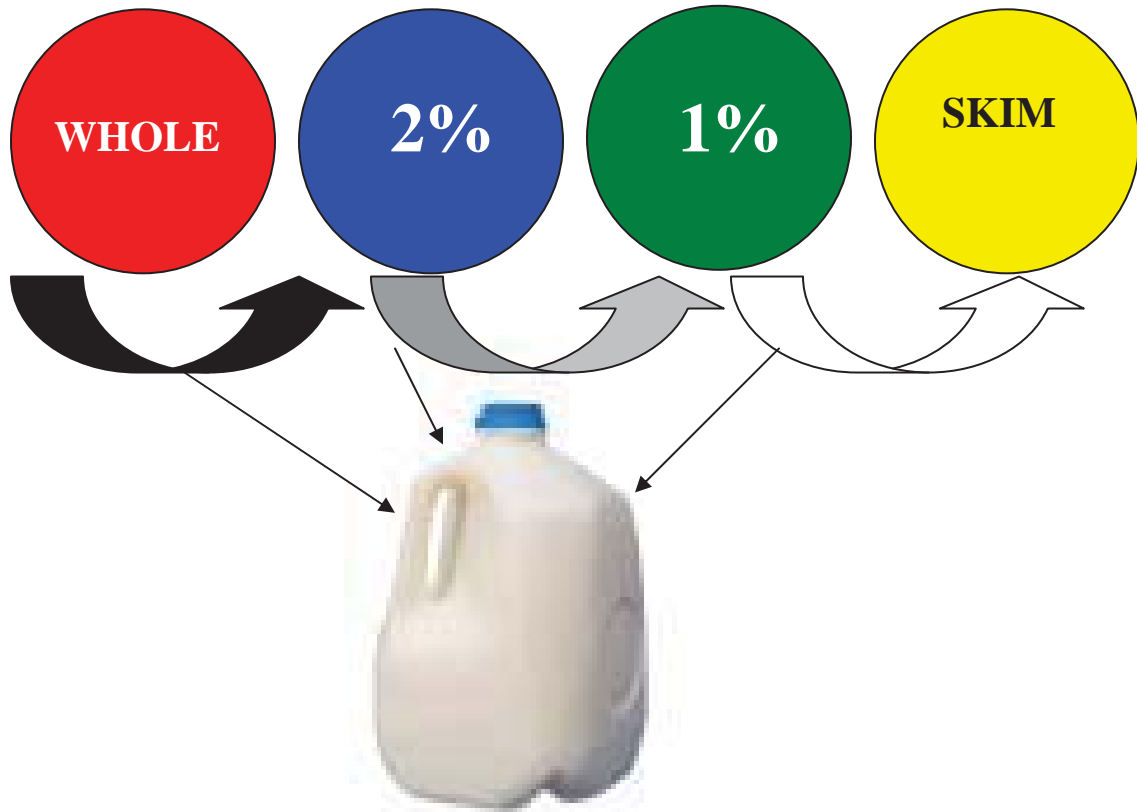
WE'VE INCLUDED THIS SHEET IN YOUR HOME PACKETS TO HELP REMIND YOU OF THIS ACTIVITY.



HOLD UP THE BOTTLE CAP HOME ACTIVITY SHEET



THE BOTTLE CAP HOME ACTIVITY



Whole Milk

2%

1%

Skim Milk

NSIM - National Standard for Identifying Milk

PUBLIC DOMAIN