



HEALTHY FATS



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A Crabtree Seedlings Book



Crabtree Publishing

crabtreebooks.com

School-to-Home Support for Caregivers and Teachers

This book helps children grow by letting them practice reading. Here are a few guiding questions to help the reader with building his or her comprehension skills. Possible answers appear here in red.

Before Reading:

- What do I think this book is about?
 - *I think this book is about food.*
 - *I think this book is about healthy fats.*
- What do I want to learn about healthy fats?
 - *I want to learn which fats are the healthiest fats.*
 - *I want to learn what foods have healthy fats.*

During Reading:

- I wonder why...
 - *I wonder why eating fats keeps us fuller for longer.*
 - *I wonder why our bodies only need a little saturated fat.*
- What have I learned so far?
 - *I have learned that eating fats gives us energy.*
 - *I have learned that eating the right kind of fat is important.*

After Reading:

- What details did I learn about healthy fats?
 - *I have learned that unsaturated fats are the healthiest fats to eat.*
 - *I have learned that healthy fats are an important part of our daily meals.*
- Read the book again and look for the glossary words.
 - *I see the word **vitamins** on page 3, and the word **energy** on page 4. The other glossary words are found on pages 22 and 23.*

HEALTHY FATS



Fat is a **nutrient** found in food. Healthy fats help your brain and body grow. They also help your body use important **vitamins**.



Eating fats helps you feel fuller longer and gives you **energy** throughout the day.

DID YOU KNOW?

Your body needs energy to play, to learn, and to grow.

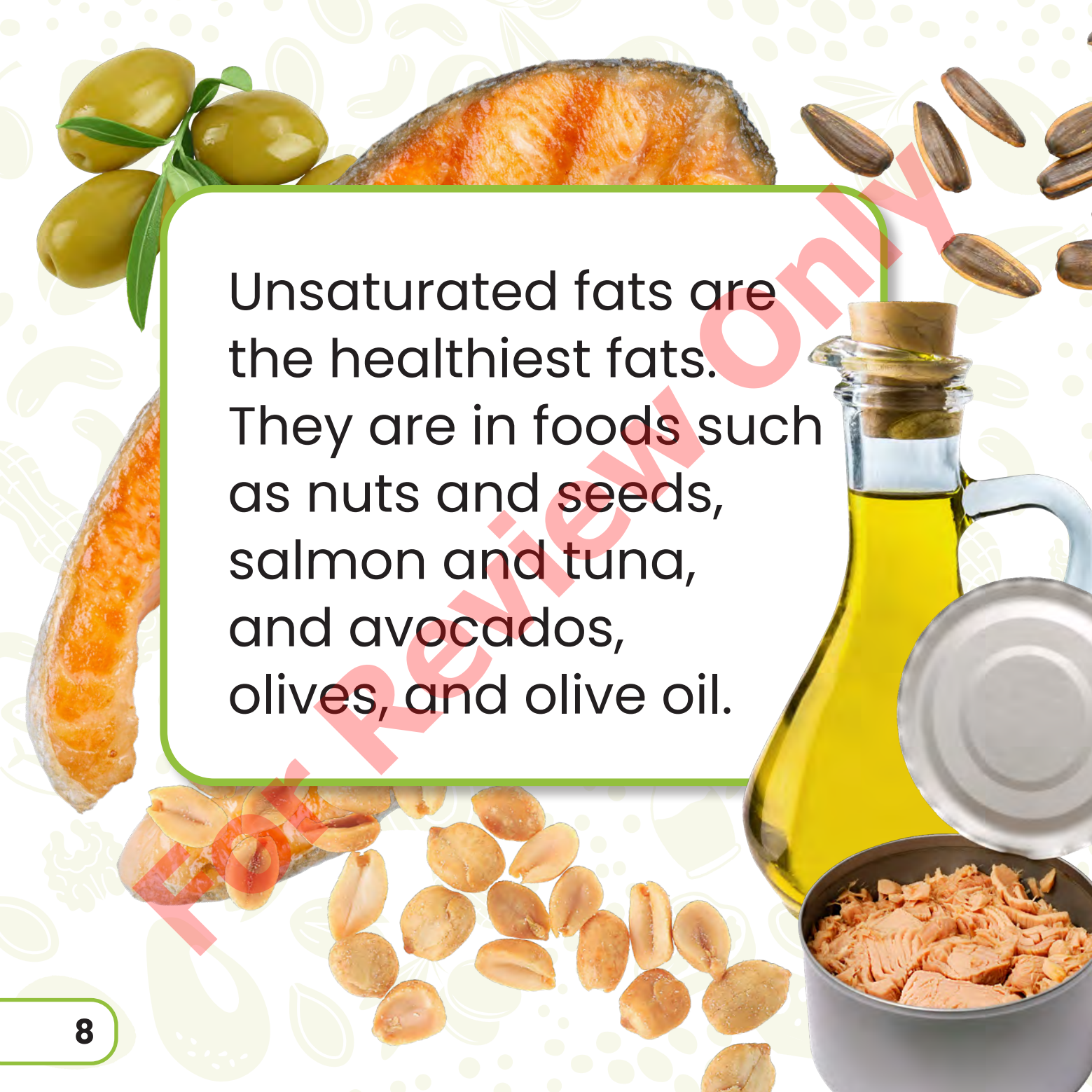


Eating the right kind
of fat is important.



Different foods contain
unsaturated, saturated,
and trans fats.



The background of the slide is a collage of various food items. At the top left, there are several green olives with leaves. To their right is a piece of cooked salmon. Further right are several dark, elongated seeds. On the left side, there is a vertical strip of cooked salmon. At the bottom left, there are more seeds and a small portion of a tomato. At the bottom center, there is a large pile of light-colored, oval-shaped seeds. On the right side, there is a glass bottle of yellow olive oil with a cork stopper and a metal handle. Below the bottle is a metal can of salmon, with its lid removed, showing the flaked fish inside. The entire scene is set against a light green background with faint, stylized leaf patterns.

Unsaturated fats are the healthiest fats. They are in foods such as nuts and seeds, salmon and tuna, and avocados, olives, and olive oil.

