

## Investigating Fat in Snacks

You will need:

A range of Savoury Snacks (crisps, rice cakes, nuts etc.)  
Filter Paper or Paper Towel

Instructions

1. Label paper towels for each piece of food.
2. Take a piece of food and rub it against the paper.
3. Hold the paper towel up to the light and see if there is an oily mark left behind. If there is it means the food contains fat.
4. Then repeat this with the other savoury snacks.
5. When finished the filter papers need to be compared. If the product has a large amount of fat, it will leave a larger grease mark and be more visible when you hold it up to the light.

The aim is for the children to see that fat amounts vary from snack to snack.

Use the investigation sheet to make predictions, write out the methods and work scientifically.

Have fun!