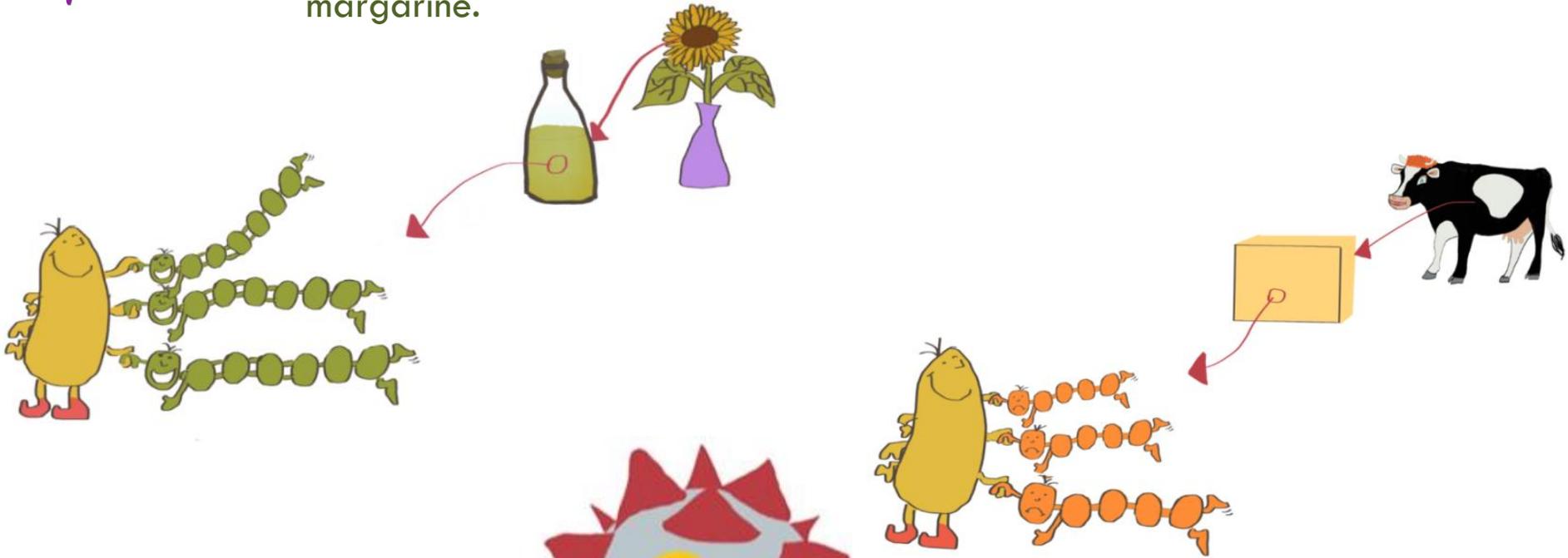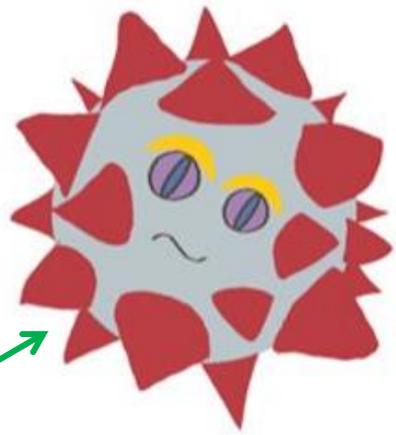# Find the Fat

In your fridge and pantry you can find liquid fats such as olive or sunflower oil and solid fats such as butter or margarine.

But sometimes fats make themselves invisible, like in our body tissues and also in the germs. The outer layer of germs, like corona virus, consists of fats and proteins.

The fat in our food gives us energy, helps develop body tissue and keeps us warm. But eating too much fat is unhealthy. Can you find out which foods have fat?

All about fats

You will need:
- 1 sheet of white paper
- A little bit of butter
- A slice of a vegetable (cucumber/potato/pumpkin, etc.)
- 2 drops of cooking oil

What to do…
- One the sheet of paper, write a list with the names butter, vegetable and oil.
- Where it says butter, smear a little bit and count to 10, and then remove it.
- Next, where you have vegetable written, stain the paper with the vegetable slice and count to 10.
- Where the label says oil, add 2 drops of cooking oil.
- Let the paper dry for 1 hour and see the result.

Butter

Vegetable

Oil
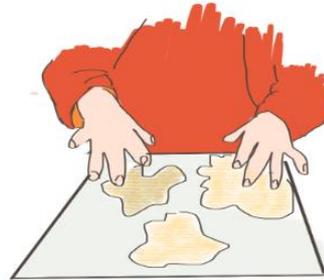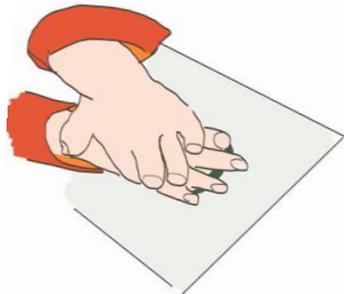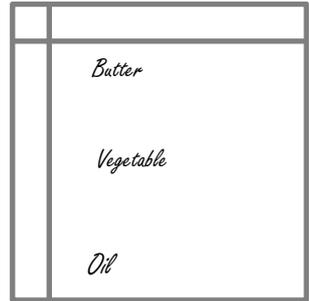
The more fat the food has, the more translucent the paper will become. Fats will get stored in the little spaces, but the vegetable will only leave a mild stain.

Some fats come from animals, like butter, and some other have vegetable origins, like sunflower or olive oil. Fats are healthy only if we consume them moderately.

Content Created and Promoted By:

Lilika Zauberlab
www.lilikazauberlab.com
info@lilikazauberlab.com

Rotor Lab
www.rotor-lab.com
info@rotor-lab.com