**FAT TASTE TESTING EVALUATION FORM**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_ Score:\_\_\_\_\_/10**

**Food Preparation Directions:** See the teacher to get your assigned food item. Place the original on one plate and the reduced-fat on another plate. Place an A and B label card in front of each plate. Don’t forget which is which!

**Taste Testing Directions:** Once your food is prepared, you may go and taste all of the foods from each kitchen. Rate the food using a 1-10 scale, where 1 is the worst tasting and 10 is the best tasting. It will be revealed which is the original and which is the reduced-fat at the end of the activity.

|  |  |  |
| --- | --- | --- |
| **Name of Food** | **Taste Rating**  **(1-10)** | **Original or Reduced-Fat** |
| Ritz Crackers A |  |  |
| Ritz Crackers B |  |  |
| Nilla Wafers A |  |  |
| Nilla Wafers B |  |  |
| Oreo Cookies A |  |  |
| Oreo Cookies B |  |  |
| Pringles A |  |  |
| Pringles B |  |  |

***\*When everyone has had a chance to taste the foods, go back to your kitchens and clean up the dishes and counters.***

*(Turn over for your homework assignment)*

**Homework Assignment:** Obtain the key from the teacher that has the label information for each food item. Fill out the chart and answer the questions below.

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Serving Size** | **Calories**  **Per serving** | **Grams of Fat** |
| Ritz Original |  |  |  |
| Ritz Reduced Fat |  |  |  |
| Nilla Wafers Original |  |  |  |
| Nilla Wafers Reduced Fat |  |  |  |
| Oreo Cookies Original |  |  |  |
| Oreo Cookies Reduced Fat |  |  |  |
| Pringles Original |  |  |  |
| Pringles Reduced Fat |  |  |  |

1. Of the foods tasted, did you prefer the original or reduced-fat version more often?
2. Reviewing the nutritional information above, what surprised you the most?
3. At this point in your life, does it matter to you how much fat is in the foods you eat? If not, what nutritional dangers may lie ahead for you?
4. What did you learn from this experience?