KIDS WORLD INTERNATIONAL

Fat Quiz

Fat question: rank the foods by their fat content.

How it works

Use the arrows to put the foods in the right order (from lowest to highest fat) and guess each one's fat percentage. Then tap “Reveal answers”.

French fries	Fat	%
Banana	Fat	%
Walnut	Fat	%
Cheddar cheese	Fat	%
Egg	Fat	%

Not all fat is the same

What matters is fat quality

Unsaturated fats

e.g. walnuts, avocado, olive oil

GOOD FATS

Saturated fats

e.g. cheese, butter

OK IN MODERATION

Hydrogenated trans fats

e.g. fried food, some packaged snacks

BAD FATS