

Count to 20

K-2

M.3.1

Objectives

Students will be able to:

- Explain at least two the benefits of consuming fats.
- Identify the importance of eating fats in moderation.
- Name examples of foods containing fats.

Standards Met

- **MD.B.3.** Classify objects into given categories; count the numbers of objects in each category and sort the categories by count.
- **MD.C.4.** Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.

Overview of Solid Fats and Oils

Did you know? We need fats for brain development and functioning; to keep our skin smooth and our hair shiny; to cushion and protect our organs from injury; and to regulate our body temperature. Fats also provide us with energy in the form of calories. They contain more than double the calories of carbohydrates and proteins. This is why we should be mindful about the portion size of the fat-rich foods we eat.

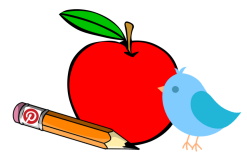
Fats are found in many foods from meat, to nuts, to salad dressings and even avocados. We can distinguish between two different types of fats in food: solid fats and oils. Solid fats are mainly found in animal sources, are usually solid at room temperature and don't contribute many health benefits. In fact, eating too many solid fats may increase heart disease risk. Examples of solid fats include meat fat, chicken fat, pork fat and dairy fat.

Oils are mainly found in plant sources such as vegetable oils, nuts and seeds. A non-plant source of oils include fatty fish and fish oil. Most oils are liquid at room temperature. Eating oil-rich foods in moderation may help lower heart disease risk. Examples of foods containing oils include peanut butter, avocado, olives, and salad dressings.

In general, it is recommended to keep fat intake between 20-35% of your daily total calorie intake. This estimate is based on a 2,000 calorie diet. Additionally, solid fats (also known as saturated fats) should not exceed 7% of your daily total calorie intake.

For more information on solid fats and oils, go to:

www.mentorprojectfiu.com



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Make The Connection

Materials

- Worksheet: Count to 20 for Grades K-2
- Supplemental Material: What Are Fats? And Flashcards Numbers 1-20

Using the worksheet titled **“Count to 20” for Grades K-2**, help students understand the role of fats in our diet and health and identify foods rich in fats.

Ask students to name their favorite foods and list them on the board. You can ask them what exactly they enjoy about those particular foods. Look for keywords such as taste, texture, smell and color. Explain that animal and plant foods contain nutrients that are essential for our health, including fats.

1

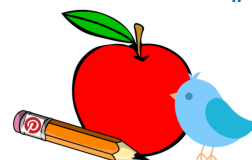
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Ask students about some of the things they have heard about fats. It is important to clarify that fats are an important part of a healthy diet. Explain that fats promote brain development, they give us energy, improve our skin and hair health, cushion and protect our organs from injury, help us absorb certain vitamins, and help keep our bodies warm in colder weather. Mention that fats are higher in calories than other nutrients and, for this reason, we should be mindful about the portion size of fat-rich foods that we eat. On the board, provide some examples of foods containing fat and review examples with the class.

For more information, refer to the “What Are Fats?” supplemental sheet.

3

In this lesson plan, students will count to 20 by ones, fives and tens. Provide each student with a set of Flashcards Number 1-20 that has been previously cut out for them. Ask students to lay out the flashcards in the correct sequential order. Have the students point out to each card and count forward by ones. Then, ask students to count the flashcards by fives and by tens. Next, do an overview of the **“Count to 20” worksheet for Grades K-2**. Explain the activity and clarify any questions the students may have.



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Supplemental Material

For the Teacher: What Are Fats?

Fats are one of the six essential nutrients that make up a healthy diet. Fats give us energy, regulate our body temperature and support our health.

What Are Solid Fats?

Solid fats are fats that are usually solid at room temperature. They mainly come from animal foods. Solid fats contain more saturated fats and *trans* fats. Tropical oils, such as coconut oil, are also high in saturated fats. Saturated fats and *trans* fats tend to raise low-density lipoprotein cholesterol (LDL or “bad” cholesterol) levels in the blood, which in turn may increase the risk of heart disease.

What Are Oils?

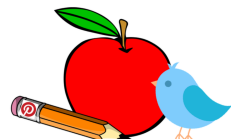
Oils are fats that are usually liquid at room temperature, like the vegetable oils used in cooking. Oils come from plant sources and from fish. Oils mostly contain unsaturated fats, which are classified into monounsaturated and polyunsaturated. Unsaturated fats help lower “bad” cholesterol and raise high-density lipoprotein cholesterol (HDL or “good” cholesterol), which in turn may help reduce the risk of heart disease.

Examples of Solid Fats

- Beef fat (tallow, suet)
- Butter
- Chicken fat
- Coconut oil
- Cream (including whipped cream)
- Hydrogenated oil
- Milk fat
- Palm kernel oil
- Palm oil
- Partially hydrogenated oil
- Pork fat (lard)
- Shortening
- Stick margarine

Examples of Oils

- Almonds
- Avocados
- Canola oil
- Cashews
- Corn oil
- Cottonseed oil
- Hazelnuts
- Mackerel
- Olive oil
- Olives
- Peanuts
- Safflower oil
- Salmon
- Sardines
- Sesame oil
- Soft margarine with no trans fats
- Soybean oil
- Sunflower seeds and oil
- Tuna
- Walnuts

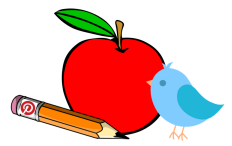


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Supplemental Material

For the Teacher: Flashcards of Numbers 1-20

1

2

3

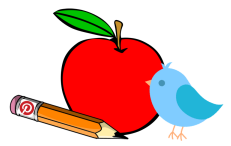
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10

11

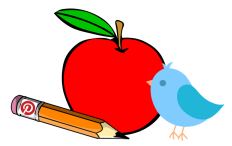
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17

18

19

20

Name: _____ Date: _____

Count to 20

K-2

Read and write to 20



1) Count by ones and tell how many avocados there are.

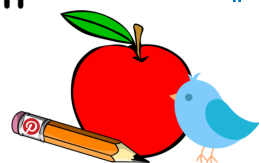
There are _____ units of 1 avocado in
20 avocados.

2) Count by fives and tell how many avocados there are.

There are _____ sets of 5 avocados in
20 avocados.

3) Count by tens and tell how many avocados there are.

There are _____ sets of 10 avocados in
20 avocados.



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Name: _____ Date: _____

Count to 20

K-2

2) Circle the name of the foods with sets that add up to 20.

a) Avocado



b) Fish



a) Broccoli

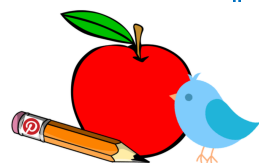


b) Olive oil



3) Write the foods that you circled above in the following chart to classify them as fats.

FATS	
1.	
2.	
3.	



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Name: _____ Date: _____

Count to 20

Answer Key

K-2

Read and write to 20



1) Count by ones and tell how many avocados there are.

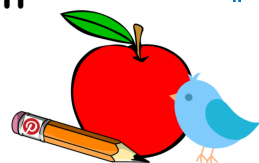
There are 20 units of 1 avocado in 20 avocados.

2) Count by fives and tell how many avocados there are.

There are 4 sets of 5 avocados in 20 avocados.

3) Count by tens and tell how many avocados there are.

There are 2 sets of 10 avocados in 20 avocados.



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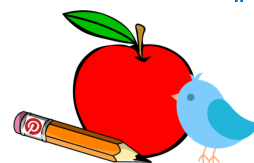


b) Olive oil



3) Write the foods that you circled above in the following chart to classify them as fats.

FATS
1. Avocado
2. Fish
3. Olive oil



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