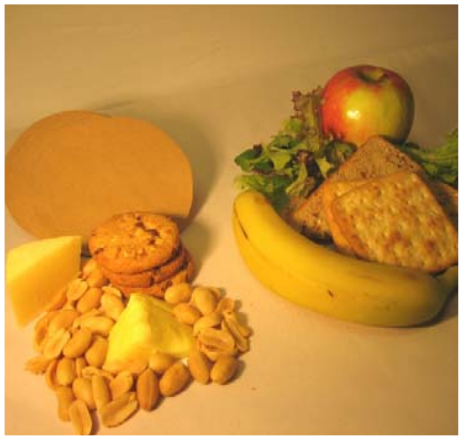
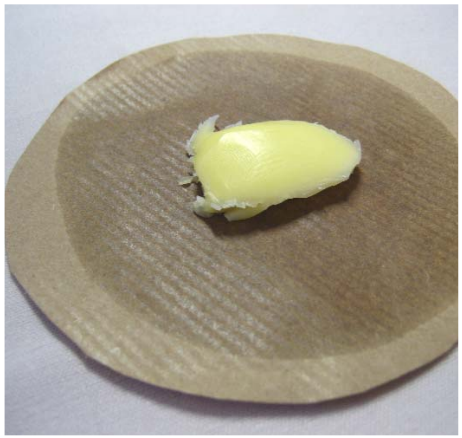
IT TAKES GUTS





The Fat Test

Fat. Our diet should contain a little... but definitely not a lot. But how can we tell how much is in our food?

When fatty foods are placed on brown paper, fat from the food moves through the paper and darken the fibres – leaving a grease spot. We can use this knowledge to compare the amount of fat in a range of foodstuffs...

You will need

- Brown paper
- Scissors
- Compass and pencil or a round template
- Pestle and mortar
- Two or three of the following:
  - Peanuts
  - Salami
  - Butter
  - Cheese
  - Crisps
  - Cookies
- Two or three of the following:
  - Bread
  - Crackers
  - Cooked rice
  - Fruits
  - Vegetables

Steps

1. Use the compass and pencil (or template) to draw circles on the paper about 6 cm in diameter. Cut them out with scissors.
2. Mash the solid foodstuffs up with the pestle and mortar, and measure out a 1g sample of each.
3. Place each sample at the centre of a circle of brown paper, and leave on a window sill or above a radiator for 2–3 days (such as over the weekend).

Follow-up

The foodstuffs with more fat should leave a bigger grease spot on the paper.

Peanuts, salami, butter, cheese, crisps and cookies are all foods that have a high fat content. Bread, crackers, cooked rice, fruits and vegetables have a low fat content.

Water can also darken the brown paper and be mistaken for fat. Leaving the samples near a source of heat – such as a radiator or in the sun – allows the water to evaporate, leaving only the grease.