



MAKER JOURNAL

Name: _____

Date: _____

Project/Unit: Early Warning Systems

Lesson: 3

Investigation: Trimming the Fat

1. Obtain 10 food samples from designated area and put 10 ml (2 teaspoons) of each sample in a portion cup. Use a permanent marker and label the cups #1-10.
2. Use cotton swabs to smear food samples onto the **Trimming the Fat Data Sheet**. Dip a swab into each labeled sample and smear it onto the corresponding square in the data sheet.
3. Wipe off the excess material from the square with a paper towel.
4. Repeat these steps for all food samples, using a different swab for each sample to avoid cross-contamination. Let the samples dry.
5. Hold the dry data sheet up to a light source.

Which sample numbers contain the most fat? How do you know?

Explain how the amount of fat in these samples allows more light to pass through. Think about the amount of light being reflected or transmitted.

Develop a hypothesis for how this investigation can be used to help people make healthier food choices. Remember, a hypothesis is a proposed explanation based on limited evidence as a starting point for further investigation.