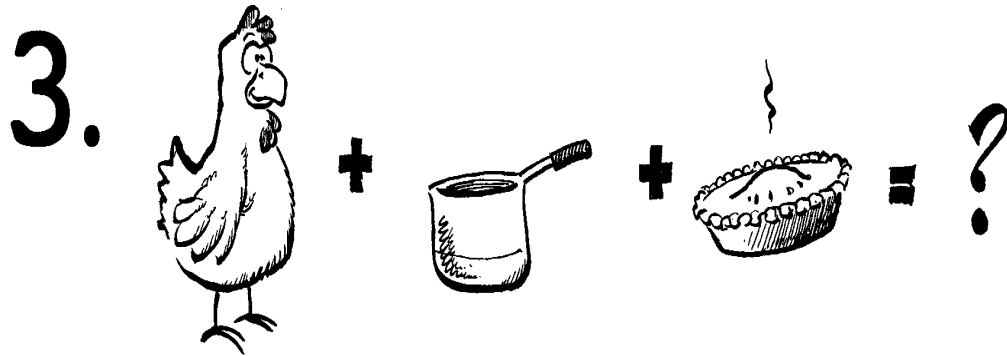
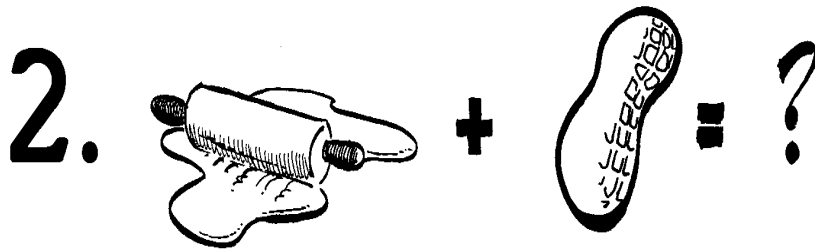
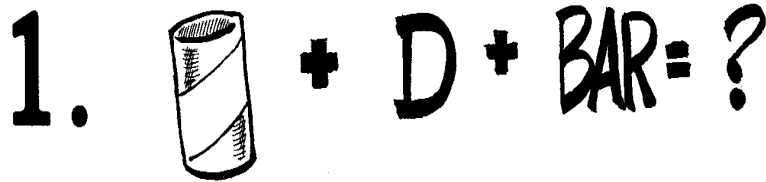


The Fat Trap

Fat gives you energy and eating a little is okay. To grow strong and stay healthy, go lean on fat. While you can see and easily trim away the fat on foods like steak and chicken breasts, many foods have fat hidden inside and cannot be removed. To find out some foods that have hidden fat, sound out each picture word.



K6940024

Answers: 1. Candy bar 2. Doughnut 3. Chicken pot pie