

The Hidden Fat Caper

It's okay to eat a little fat because it gives you energy, but you don't need to eat too much. Help secret agent TAF (that's "fat" spelled backwards) solve the case of the hidden fat. Follow the path through the grocery store and circle the foods you think contain hidden fat. Clue: Foods like t-bone steaks have fat surrounding them that you can see and easily remove before eating. Foods that are fried, gooey or greasy have fat hidden inside of them that can't be removed.

