



**FITNESS CURRICULUM  
LESSON PLAN 8**



## Lesson 8-Good vs. Bad Fats

Primary Subject: Nutrition

Objectives:

- Students will learn that there are many types of fats; some that are healthy and some that are extremely unhealthy

Materials:

- A picture of a large fish (trout or salmon for example) and a small fish (goldfish) with the large fish representing the bad types of fat because they stick to arteries and get stuck in our veins and the goldfish representing the good types of fat because they are able to travel more freely in our veins and don't get stuck).

Introduction:

### 1. Anticipatory Set

- Have the fish pictures at the front of the classroom
- Tell the students that the picture of the larger fish represents a bad fat in foods because it sticks to our veins and has trouble moving through our bloodstream while the goldfish represents the good fat in foods we eat because it is smaller and more easily moves through our veins/bloodstream.

Major Instructional Sequence:

- Explain what types of fat are good and what types of fat are bad
  - Explain how cholesterol is the fat that is in our bodies, it comes from many types of food and has two types
  - Explain how one type of cholesterol is bad while the other is good
    - Low-density Lipoprotein or LDL is bad cholesterol
      - Think of LDL's as large fish that can swim through the blood stream but often get stuck because their fins are too large or block the bloodstream so the other fish cannot get through
    - HDL is good cholesterol
      - Think of HDL's as fish that can swim through the blood stream easily because they are small and nimble (the goldfish)
- Explain what happens when we eat these different types of fats
  - Bad cholesterol (LDLs) come from foods high in fat such as ice cream, French fries, and butter
  - Good cholesterol (HDLs) come from healthy foods such as avocados, olive oil, and fish
- Divide half of the kids into LDLs (bad fats/the big fish) and the other half into HDLs (good fats/the little goldfish)
- Have the kids that are HDLs (good fats) walk in and around the desks in the room easily (through the "veins") like fish easily swimming in a stream
  - Explain how these students represent good fats like avocados, olive oil, and nuts that can move through veins easily



- Ask the kids that are LDLs (bad fats/big fish) to very slowly move through the desks in the classroom like bigger fish trying to swim in a small stream who can only do so fairly slowly because they are bigger than the stream is wide.
  - Explain that these students can't get through the vein easily because they represents bad fats that often get stuck or clog veins
  - Explain that this is what happens when you eat a lot of bad fats like potato chips, french fries and processed foods which clog your arteries, don't allow blood to flow, and can lead to heart disease, blood clots, and heart attacks.

Concluding Sequence:

- Ask each student to recall what foods contain bad fats and which contain good

Background:

Students must know that not all fats are bad. Although consuming large quantities of LDLs can be detrimental to a person's health, some other fats like HDLs are very healthy.

Vocabulary:

Cholesterol- Fat in our bodies

High Density Lipoproteins- Good fats that come from foods such as avocado and olive oil

Low Density Lipoproteins- Bad fats that come from foods such as butter and processed food

Plaque- The buildup of LDLs (bad fats) in our blood stream



