



Workshop Name: Fast Food Fat Attack

Objective

To raise awareness of the growing problem of excessive fat consumption while providing healthier alternatives to achieve a balanced diet.

Ages: 10 and up

Fee: \$0

Availability: Monday – Saturday

Workshop Length: 20 minutes

Recommended Number of Participants: 10-30

Workshop Description

Healthy fats are essential for good health as they support many bodily functions and reduce the risk of chronic disease. However, fat is high in calories and excessive fat intake can lead to weight gain and obesity which can raise health risks associated with heart disease and stroke. Consumers typically eat more fat than they realize, especially when eating processed foods like fast food. Fat Attack is a fun and interactive workshop designed to raise awareness of hidden, potentially harmful dietary fats.

Workshop Outline

- Participants pick a favorite fast food item from those depicted in fast food cards
- Participants are asked to guess how much fat is contained in their chosen foods or meal by stacking fat rings on the Fat-O-Meter. Participants are often amazed by how much fat is hidden in their favorite fast food meals!
- Presenter guides participants in a discussion about healthier food options to avoid overconsumption of unhealthy fats.

Request a Workshop

For more information about this workshop or to request a workshop, contact Kellie Gilbert at kgilbert@chnct.org or 203.949.4080.