

## Where can you find fat?

Fat is used as an ingredient in lots of everyday food products.  
Put a tick by the products that you think include fat as an ingredient.

White bread

Chocolate

Orange squash

Ready salted crisps

Bananas

Supermarket sausages (pork)

Dairy ice cream

Vegetarian sausages

Digestive biscuits

Doughnuts

Cereal bars

Apple pie



Answer: Only the orange squash and bananas have no added fat. Out of the other foods, the bread has a very small amount of fat as an ingredient. However, the rest of the foods generally contain quite a lot of fat.