
Where's the Fat?

Everyone has heard the recommendation to decrease the amount of fat in the diet. However, it is not always easy to find which foods contain fat. This simple test can help figure out which foods have fat.

In this test, foods will be rubbed on paper and the paper allowed to dry. Foods that contain fat will leave a spot on the paper that light shines through. Different substances let light pass through them at different speeds. For example, light passes through air and paper at different speeds. Because of this, light gets scattered and very little light will pass through a paper bag, even though there are a lot of "holes" in paper bags. However, light travels through paper and fat at similar

speeds. When foods containing fat are rubbed on paper, the fat fills up many of the "holes" in the paper and light can pass through the bag. Because of this, paper can become a fat detector.

MATERIALS AND EQUIPMENT

- A brown paper bag
- Several different kinds of food --for instance, meat, potato chips, carrots, milk, apples

PROCEDURE

1. Cut the paper bag into squares. Label each square with the name of one of the foods you have.
2. Rub some of the food on the square with its name. If it's

liquid, put a few drops on the square with its name.

3. Let the squares dry.
4. When the squares are dry, hold them up to the light. What effect did the different foods have on the paper?

From: "Foodworks," From the Ontario Science Center, Addison-Wesley Publishing Company, Inc., 1987.

