

Good Grinding for Wise Dining  
Celebration Foods  
**Lesson 20: Sugars/Fats/Salts**  
***“Caution foods...watch out!”***

**Action:** Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

**Action:** Pass out “Sugar, Fat, and Salt” handout. Begin lesson when everyone receives a handout.

**Read the following:** Today, we are going to talk about hidden sugars, fats, and salts in our foods. Celebrations such as weddings, graduations, birthdays, and other events are special. The gathering of family and friends is important and it usually centers around food. Even on these special occasions, we need to be aware of the foods we eat and what they contain. For example, sugar, fat, and salt are in almost all of the foods we eat. Although we need some sugar, fat, and salt in our diet, many of us eat too much. We should be aware of the sugar, fat, and salt content in our foods. Caution foods...watch out!

**Action:** Everyone repeat the following with me, “caution  
**Have** foods...watch out!”  
**participants**  
**repeat the**  
**following:**

**Read the following:** We will first start by discussing sugars. Many of us think that the sweeter a food is, the more sugar it has. However, foods that are high in sugar do not always taste sweet. For example, cereals, coffee drinks, and regular gelatin may have hidden sugars. Many fruits have sugar, but may not have that sweet taste.

Sugar may occur naturally or it could be added to foods. Fruits and 100% fruit juice have natural sugars while other types of foods may have added sugars. For example, many beverages such as sodas have added sugars, but may not always taste sweet. We should drink at least 6-8 cups of liquids every day, even on special occasions. Are these foods and drinks bad for us? No! We may eat or drink these foods, but need to be aware that it contains sugar. Bottom line, sweetness is not a good indicator of the amount of sugar in foods.

Action:  
**Have participants repeat the following:**

Everyone repeat with me, “caution foods...watch out!”

Read the following:

Fat, on the other hand, is a little easier to detect. The solid white substance around meat, marbling in beef or the white part in between meat, and skin on chicken are examples of fat. Fried foods are fried in oil which absorbs fat. These foods may include spring rolls, *lumpia*, *mandoo*, *wonton*, *tempura*, *katsu*, *jalapeno poppers*, French fries, potato chips, *tortilla chips*, doughnuts, *malasadas*, *andagi*, or other foods. These foods may or may not always taste oily. We should be aware of how foods are prepared so we can make an informed decision as to whether we want to eat certain foods or not.

Action:  
**Have participants repeat the following:**

Everyone repeat with me, “caution foods...watch out!”

Read the following:

Lastly, we will talk about salt. Food may not always taste salty, but it may contain a lot of salt. Like sugar, we may not always be able to taste the salt in our food. Many condiments are high in salt.

This includes *shoyu* or *soy sauce*, *fish sauce*, *shrimp or fish paste*, *oyster sauce*, certain salad dressings, and table salt. We should be aware of the salt content in our food, especially when we add condiments that may be high in salt.

Action:  
**Ask the following question:**

What are some ways we can reduce the sugar, fat, or salt in our foods?

\*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: grilled instead of fried foods to reduce fat or do not put *shoyu* on rice to reduce salt.

Action:  
**Ask the following question:**

How many of us wash our kitchen things regularly such as pots, pans, counters, stoves?

Read the following:

At times, we may or may not use our kitchen utensils and appliances regularly, and dust, bugs, and other critters may crawl or settle on or in our kitchen things. We may not be aware that this is happening, so it is important for us to wash our kitchen things with hot soapy water. We do not want to get sick, even if we think our kitchen things are clean.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I am aware of the sugar, fat, and salt content in my foods.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:**

The last statement is: I plan to drink 6-8 cups of liquids every day. How many people agree with this last statement?

**Action:**

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:**

That is the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.