

The Fat Aptitude Test

Here is a short, fun-to-take test to check whether you're already fat savvy or if you need a little help getting up to speed. A great score on the Fat Aptitude Test (I call it FAT for short) won't predict your success in college or a career, but it's a good indicator of how well you're prepared to plan, shop for and cook low-fat meals. If you keep abreast of health and consumer issues, you may know the answers to most of these questions. On the other hand, I've deliberately designed some of them to uncover common misconceptions and explain tricky concepts. So don't worry about a score that's less than perfect. The important thing is to pickup pointers that you can use in the future.

ChefCal

True or False

1. Fat is twice as fattening as starch, sugar or protein.
2. Switching to olive oil and other cholesterol-free oils is one of the best ways to lower intake of dietary fat.
3. Saturated fat is bad for you because it contains cholesterol.
4. A slice of regular deli-style cheesecake contains more than half the fat you should eat in a day.
5. Cutting back on cholesterol is the key to eating a low-fat diet.
6. Ground turkey is always a good choice for trimming dietary fat.
7. Eating more vegetables, fruits, grains and beans is one of the best ways to reduce your fat intake.
8. If a restaurant says all frying is done with pure vegetable oil, you're assured the oil has no cholesterol or saturated fat.
9. By choosing chicken instead of red meat, you're automatically eating leaner fare.
10. One-half cup walnuts have more fat than a three-ounce package of full-fat cream cheese.
11. A few simple cooking techniques – like trimming fat from meats and grilling or stewing instead of frying – can dramatically reduce the amount of fat in a meal or dish.
12. Choosing a salad bar lunch over a fast-food burger is a sure-fire fat trimmer.

The Answers will be provided during our April Class