

**Full Name:** .....

**Class:** ..... **Date:** .....

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## Essential nutrients - Fats

Write down typical breakfasts, lunches, teas/dinners and snacks here. Think about what you've eaten today or what you ate yesterday, or write down favorite meals.

Now write down the types of fats you have found in your diet.

### Saturated fats

### Unsaturated fats

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