# Testing food for fat

**Try this…**

**1.** If a food containing fat is rubbed on a piece of paper, it will leave a greasy mark. When the paper is held up to the light, some light can pass through it. The fatty food has made a translucent mark. You need to remember this information for the following test.

**2.** Make a collection of different foods.

**3.** Rub each food on a clean piece of paper and hold the paper up to the light.

**4.** Make a table and record the results of your test in it.

**Looking at the results.**

**5.** What do your results show?

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