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**Inclusion in Secondary School**

**2018-1-DE03-KA229-047219\_4**

**Iasi, Romania, the 12-19th of May 2019**

**Wednesday, the 15th of May 2019**

**Topic *: Healthy Food***

**Activity 5 - Healthy/Unhealthy Diary Products**

**Argument**

Most of people eat diary products every day . As there is a very large offer, we should chose the healthiest one.

**Objective:**

To compare the content of fat in diferent diary products and to chose the healthiest/unhealthiest product of that type

**Procedure:**

1. Purchase 8 different diary products (yogurt, milk, cheese, mozzarella, salty cheese, sana, etc) .
2. Calculate how much fat is in each kg of diary product by studying the labels.
3. Set up the diary products in order from lowest to highest fat content.
4. Decide for yourself which diary product are healthy and which are unhealthy.