

# THE SCIENCE OF SENSE FOOD

## FAT

Fat is a nutrient, similar to carbohydrates, fat and proteins, which have overlapping chemicals. Carbon, hydrogen and oxygen are basic atoms that make up

chemicals like fat. Fat gives energy and also helps to keep our bodies warm. Fats help to absorb fat soluble vitamins such as vitamin A, vitamin D, vitamin E and Vitamin K. The main types of fats are saturated, unsaturated or trans fats. Saturated and trans fats can raise cholesterol levels and increase the risk of disease. Unsaturated fats support health and can be monounsaturated or polyunsaturated.

## WORD SEARCH

Nutrient	Hazelnuts	Peanuts	Hypothesis
Agave	Allergy	Cacao	Nuts
Coconut	Satay	Avocado	Fat

A	V	O	C	A	D	O	F	R	A	S
H	Y	P	O	T	H	E	S	I	S	O
A	L	L	E	R	G	Y	N	U	T	S
Z	A	R	F	S	D	P	N	N	A	M
E	X	F	F	A	T	E	R	C	O	S
L	A	G	R	D	I	A	G	A	V	E
N	U	T	R	I	E	N	T	C	F	D
U	C	O	C	O	N	U	T	A	S	O
T	O	R	A	F	S	T	F	O	G	R
S	A	F	S	F	O	S	A	T	A	Y

## EXPLORING FOOD

## HEALTHY BREAKFAST BAR

### Ingredients

140g rolled oats,  
50g sunflower seeds,  
100g pumpkin seeds,  
30g almonds and 30g walnuts, chopped  
50g dried cherries or dates or dried apricots  
3 ripe bananas chopped  
1 tsp vanilla extract,  
1/2 tsp salt,  
1/2 tsp cinnamon

### Method

1. Heat the oven to 180C. Grease a 9x9 inch baking tray. In a bowl, mix the oats, seeds, nuts and dried fruit.
2. Blend the bananas, vanilla, salt and cinnamon until smooth.
3. Pour into the oat mixture, stir and press into the tray.
4. Bake for 30 minutes, until lightly browned. Cool, then slice.

We would love to hear about the Healthy Breakfast Bars that you baked! You can email us on [junior@rte.ie](mailto:junior@rte.ie) or if you want to post on social media just tag us on [@rtejr](https://www.instagram.com/rtejr)

## GET EXPLORING

Our Science of Sense Scientist **David Akasheh** asked Food Scientist **Dr Azza Silotry Naik**, lots of questions about Fat. What question that he didn't ask would you like to know the answer to? And how can you find out the answer?

The Science of Sense Food is a Curious Broadcast production funded by Coimisiún na Meán with the television license fee for **RTEjr Radio**.

Science of Sense Food is a 6 part radio series for RTEjr presented by **Hazel Bermingham** and **Professor Theodore Bumbledumm**.

In this episode junior scientist **David Akasheh** went to TU Dublin School of Food Science and Environmental Health to meet with Food Scientist

**Dr Azza Silotry Naik**. Science of Sense junior explorers **Marco Acosta** and **Frank Toolan** meet with **Harry Colley** from Harry's Nut Butter. Science of Sense Recipe with Science of Sense chef **Matthew Ryder Klein**.