Teen Science Cafe

NUTRITION UNWRAPPED:

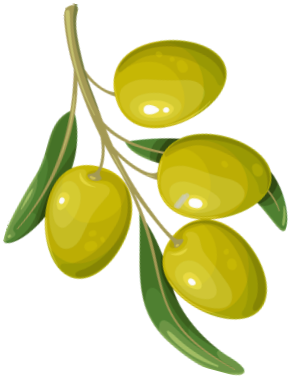


Understanding the role of fats in food and the body

with Kristina Jackson, PhD

Director of Research, OmegaQuant Analytics

Why is butter solid but oil liquid? How do fats help your body work and make food taste so good? Dive into the science of fats through a tasting experience. Discover the different types of fats, how they fuel your body, and the surprising role they play in flavor, texture, and cooking. Get ready to connect chemistry, nutrition, and food science while answering the question: What makes fat so important for both our bodies and our favorite foods?



December 1, 2026
5:30-7:00pm
Open to 7-12th graders
Sanford Research

SIGN UP

https://bit.ly/3UeiD88