



Claim vs. Evidence

Read each statement. Is it a claim, or is it evidence? HINT: Is it debatable, or can it be proved to be true?

- _____ 1. Fat is never healthy.

- _____ 2. Different types of fats influence cholesterol levels differently.

- _____ 3. People who eat fat get fat.

- _____ 4. A lot of processed and fast foods made with saturated fat also contain high amounts of calories.

- _____ 5. To be healthier, you have to eat less saturated fat.

- _____ 6. The fats in avocados, nuts, and olive oil are healthy fats.

- _____ 7. Some fats are healthy, and some are not.

- _____ 8. Healthy fats have been shown to lower the risk of Alzheimer's disease.

- _____ 9. There is no difference between types of fats.

- _____ 10. Saturated fat is mainly found in food that comes from animals.