

Lesson 6: Eating Out

PREPARATION

🕒 45 minutes

SET UP

See Set Up Details.

SUPPLIES

- Easel
- Paper
- Markers
- Empty cartons from fast food meals

HANDOUTS & BOOKS

- Tips For Choosing Healthy Food When Eating Out* [A](#)
p. 277
- Portion Distortion* [RK](#)



Outcomes (All Ages)



The purpose of this lesson is to have youth:

- Understand that it is healthier to eat less fast food
- Calculate how much fat and calories are in a fast food meal
- Understand how to make more healthful food choices at fast food and other restaurants
- Learn at least three ways to reduce fat in fast food meals
- Prepare and sample a quick, convenient and healthy recipe to use at home in place of fast foods

Instructor Essential Information

Americans eat almost half of their meals away from home. Something that was once a special treat, an occasional indulgence, is becoming a way of life in our busy society. The challenge is to keep calories under control when eating out. Americans consume approximately three hamburgers and four orders of French fries every week. Busy and cash-strapped families increasingly rely on take-out food for family dinners.

As people eat out more frequently in fast food restaurants or all-you-can-eat buffets, they become accustomed to super-sized portions and think that such portions are normal. The high caloric content of these large servings leads to weight gain for regular fast food customers. The resulting obesity can lead to many dangerous health problems.

SET UP DETAILS

Before the lesson begins:

- Arrange room with seats in a semi-circle.
- Write the data from the Burger King food items table on page 163 in the lesson below on the board or a flip chart or poster. You can use any fast food restaurant data for this lesson if you can obtain the calorie and fat information. This type of information is usually found in a nutrition analysis chart at the restaurant.
- Make 2 copies of the *Fast Food - Line 'Em Up* handout. Use one as an answer key. The other one should be cut apart, line-by-line, discarding the calorie column.
- Make copies of the *Toaster Oven Pizza* and *Ten Tips For Choosing Healthy Food When Eating Out* handouts.

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Discussion

DO (All Ages) ⌚ 30 minutes

? Ask: Did anyone eat at a fast-food restaurant this past week? Raise your hand if you ate out once this past week. Raise both hands if you ate out twice this past week. Stand up if you ate out three or more times this past week. Have youth look around to see how many people have their hands raised or are standing up.

? Ask: How many of you like to eat at Burger King? What is your favorite meal at Burger King? After the youth share their favorite foods from Burger King, ask the group if they have ever wondered about the calories or fat in fast food.

? Ask: Has anyone here ever eaten a Whopper with cheese, large fries, and a milkshake? To make a statement about the amount of fat and calories being consumed, show them a bag of these items from Burger King (use empty containers). Using the flip chart or the blackboard, show the amount of fat and calories that this large portion fast food meal has.



Burger King Food Item	Fat Grams	# of Calories
Large Meal		
Whopper	40	660
King Fries	30	600
Vanilla Shake	30	590
Total	100	1850
Smaller Meal		
Hamburger	15	320
Small Fries	13	250
Low-fat milk	2.5	100
Total	30.5	670

Remind youth that the recommended total calories intake per day for most individuals is between 1600 and 2200. Explain that 65 grams of fat is the total Daily Value for fat using a 2000 calorie a day diet, as shown on food labels. Thus, 65 grams of fat is 100% of the total daily requirement.

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Explain that youth will be learning how to consume fewer calories at fast food restaurants by making better choices.

Have them review the *Portion Distortion* handout and point out that the larger the food item, the more calories it has. To reduce their caloric intake, youth need to choose smaller sized portions from fast food restaurants. Show them another bag of smaller-sized items from Burger King, such as a regular hamburger, small fries, and a container of low-fat milk. Write on the flip chart or board, the facts in the table below with the calories for that smaller-sized fast food meal from Burger King.

? Ask: How does the total amount of fat and calories for the smaller meal compare to the larger fast-food meal?

? Ask: How does the total fat compare to the recommended amount of less than 65 grams per day?

? Ask: How do the total calories of the large meal compare to 1600-2200 total calories recommended per day? How about the smaller-sized meal?

PREPARATION

🕒 15 minutes


SET UP

Cut the *Fast Food – Line 'Em Up* handout into strips minus the calorie counts (see Set Up Details).

SUPPLIES

- Index cards
- Scissors

HANDOUTS & BOOKS

Fast Food – Line 'Em Up  p. 278

Activity 1 – Fast Food - Line 'Em Up

DO (All Ages) 🕒 20 minutes

Using the cut up strips from the *Fast Food – Line 'Em Up* handout, give each child the name of a fast food item. Have all youth line up from one side of the room to the other, arranging themselves from the highest calorie food at one end of the line to the lowest calorie food at the other. Have them discuss with one another where they should be in the line based on their food item.

Next, reveal the actual calorie count for each food and have youth rearrange the line according to the real calorie counts.

? Ask: Were you surprised about any of the calorie counts for the fast food items? Which ones? Did you think they were higher or lower?

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SET UP

See Set Up Details.

SUPPLIES

See recipe for ingredients and utensils list.

HANDOUTS & BOOKS

Recipe: *Toaster Oven Pizzas*  p. 279

PREPARATION


SET UP

Obtain copies of menus from local restaurants.

SUPPLIES

- Copies of menus from local restaurants
- Red and green highlighters

HANDOUTS & BOOKS

Clarifying Menu Muddle  p. 280

HANDOUTS & BOOKS

- Eating Out And Eating In – Go Lean With Protein*
- Where’s The Fat?*

Now We’re Cookin’ – Toaster Oven Pizza

(All Ages) ⌚ 45 minutes

Have youth wash their hands using the *Proper Handwashing* steps on page 29. Give each child a copy of the *Toaster Oven Pizza* recipe and follow the directions to make a personal pan pizza.



Activity 2 – Clarifying Menu Muddle

 (All Ages) ⌚ 20 minutes

Give youth the handout *Clarifying Menu Muddle* and discuss the terms to look for on the menu, and the terms to use when ordering food to help reduce the fat and calories in restaurant choices.

Distribute menus from local restaurants. Have youth highlight the terms to watch out for in red and the items that are good choices in green.



Technology Challenge

(School Age)

Go to <http://www.mypyramid.gov> click on “For Kids” and go to “Classroom Materials.” Scroll down to Level 3 Lesson 2, *Eating Out And Eating In – Go Lean With Protein*. Complete the *Where’s The Fat?* worksheet on page 3. **Instructor Note:** You will find the answers to the *Where’s The Fat?* worksheet below.

How many grams of total fat are in a quarter-pound hamburger?
grams 18

How many grams of total fat are in a regular hamburger? 9 grams

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Circle the food with less fat. (The correct answer is underlined.)

- Taco salad OR beef soft taco
- Bean burrito with no cheese OR fried fish filet sandwich
- Crispy fried chicken OR hamburger

List three ways you can make low fat choices when you are eating out.

- Choose grilled, not fried food.
- Choose the smaller-sized portion such as a hamburger versus the quarter-pound hamburger.
- Look at nutrition information provided by the restaurant before making your selection.

APPLY (Middle School)

Use information from the American Heart Association website to make healthier choices of where and what to eat. See the Technology Challenge below.

Technology Challenge

(Middle School • Teen)

Go to the American Heart Association website:

<http://www.americanheart.org>. From the "Healthy Lifestyle" menu item on the left, select "Diet and Nutrition." Under "Related Items," click on "Tips for Eating Out." On the left of this web page is a list of types of cuisines (Cajun, Chinese, French, etc.). Click on your favorite type of cuisine and review the healthier choices within that cuisine. At the bottom of the restaurant list is a "Checklist for Eating Out." Check it out!

Look again at the menus from local restaurants in Activity 2. According to the American Heart Association website, which restaurants offer healthy choices?

Discussion

DO (Teen) ⌚ 20 minutes

Introduce teens to the statistics regarding eating out, particularly at fast food restaurants. (See Instructor Essential Information.) Discuss how advertisements encourage you to make food choices.

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? Ask: Which ads grab your attention? Why? Discuss what might work in getting a healthy message across to teens.

? Ask: What motivates you to select fast food?

? Ask: What health concerns do you have at your age that advertisers try to appeal to?

? Ask: What are acceptable alternatives to high fat and high calorie fast foods that you like?

PREPARATION

🕒 5 minutes

SUPPLIES

- Flip chart
- Paper
- Pencils
- Props for staging youth commercials

Activity 1 – Lights, Camera, Action!

DO (Teen) 🕒 60 minutes

Divide youth into working groups of 3-5 teens. Have teens develop a television commercial promoting a healthy fast food restaurant. The restaurant may be entirely made up or may be an existing restaurant or chain. Challenge each group to be creative, informative, and explicit in the types of foods they would offer at this establishment. Have each group present their commercial. You might offer TV Cleo Awards!



APPLY (Teen)

Collect fast food Nutritive Value Charts when you visit a fast food restaurant and bring them to the Center for discussion.

Technology Challenge

(Teen)

Here are several sites teens can use to select and evaluate fast food meals: <http://fatcalorie.com> and <http://healthchecksyste.ms.com/ffood.htm>.

Answer Key

Burger King Double Whopper with Cheese 963	Taco Bell Taco Salad 850	Domino Pizza Meatzza Feast (2 slices) 754	Burger King Chicken Sandwich 710
Domino Pizza Pepperoni Cheese (2 slices) 614	Burger King Fries (Large) 540	McDonald Sausage, Egg and Cheese McGriddle 560	McDonald Quarter Pounder with Cheese 530
Dunkin Donut Blueberry Muffin 490	Kentucky Fried Chicken Extra Crispy Chicken Breast 470	Subway Classic Italian BMT Sub 456	Burger King Sausage, Egg and Cheese Croissan'wich 450
Taco Bell Burrito Supreme with Beef 430	Burger King Whopper Junior 400	McDonald Egg McMuffin 300	Taco Bell Taco Supreme 260
Subway Veggie Delite Sub 232	Taco Bell Soft Beef Taco 210	Dunkin Donut Glazed Yeast Donut 180	