

PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

Selecting Foods to Meet Nutritional Needs

Grade Levels: 7-12

Concept: Fast Food

Comprehensive Standard: 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

Technical Standard(s): 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

LESSON COMPETENCIES

- Identify the nutrient content of fast food choices
- Recognize the nutritional risks of fast food and other eating establishments

Anticipated Behavioral Outcomes:

- Students will select healthy alternatives at fast food restaurants

Resources Needed:

- Copies of handouts for all students
- 3 x 5 note cards
- Internet access for all students

References for teachers and students:

Schlosser, E. (2002). Fast Food Nation: The Dark Side of the All-American Meal. Perennial (HarperCollins) Publishing. A video is also available.

NEW Visit the *Wikipedia* reference for fast food at the following address:
http://en.wikipedia.org/wiki/Fast_food

NEW Read the article, “Healthy Fast Food: Guide to Healthy Fast Food Restaurant Eating” (www.helpguide.org/life/fast_food_nutrition.htm).

A Fast Food Nutrition Fact Explorer with a search function that allows you to explore 8 different fast food restaurant menus to compare calories, calories from fat and the nutrient composition of menu items. The site is www.fatcalories.com/

The Real Truth about Fast Food and Nutrition is an entry in the *ThinkQuest* library of websites developed by adolescents for adolescents and can be found at <http://library.thinkquest.org/4485/frames.htm>. This site focuses on the nutritional value of fast food restaurant items and how these restaurants get you to buy the food. There is an online quiz for students comparing menu items called *Which Meal is Healthier*, as well as nutrition information and links to some fast food restaurants.

NEW The “Calorie King Food Database” (www.calorieking.com/foods/calories-in-fast-food-chains-restaurants_c-Y2lkPTIxJnBhcj0.html) has nutritional information for over 45,000 American generic and brand name foods (including over 260 fast-food

chains) with a wide range of nutrient data and information available including calorie count charts, fat content, fiber content, protein content and more. Another database called “Calories and Nutrients in Fast Food” has over 1,300 menu items from 19 restaurants can be found at www.dietandfitnesstoday.com/fastfoodsearch.php. It also compares food categories such as burgers from all of the restaurants for calories and nutritional value

NEW The *Harvard Medical School* website has nutrition information for all ages and features an interactive tool for assessing the calorie and fat content of foods served at the baseball park, “The Score on Stadium Nutrition” is available at www.intelihealth.com/IH/ih/IH/WSIHW000/23722/14197.html.

Background Information:

Fast food has become a part of the busy American lifestyle. It is convenient, predictable, and fast. It is also often high in calories, sodium, fat and cholesterol and low in vitamins and minerals.

According to Eric Schlosser in his book *Fast Food Nation* (2002), Americans spend more on fast food a year than they do movies, books, magazines, newspapers, videos and records combined. Americans spent more than \$100 billion on fast food in 2000 compared to \$6 billion in 1970. Every month more than 90% of American children eat at McDonald’s; the average American eats three hamburgers and four orders of fries every week. Schlosser links fast food to the rise of obesity and raises concerns about the safety of fast food.

Fast food can be a part of the American diet as long as choices are made wisely considering the *MyPyramid* and the *Dietary Guidelines for Americans* and if limited. The *Ohio State University Cooperative Extension Service* (<http://ohioline.osu.edu/hyg-fact/5000/5555.html>) offers guidelines for fitting fast food into healthy eating. They suggest that a fast food can be a part of healthy eating if based on a 2000 calorie diet:

- it is part of one or all of the basic food groups (*MyPyramid* www.mypyramid.gov/index.aspx)
 - 3 servings of low-fat or nonfat milk or dairy products
 - 6 – ounce equivalents of breads, cereals, grain; ½ should be whole grains
 - 2 cups of fruit
 - 2 ½ cups of vegetables
 - 5.5 ounce servings of meat or meat substitutes
- it allows you to keep the following nutrients low in the diet
 - sugars
 - fat, especially saturated fat
 - salt
 - calories
- it allows you to choose fewer calories and more nutrients

Learning Activities:

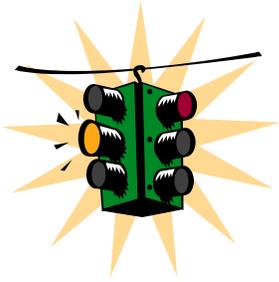
Middle School Level

- Ask students to place an order for their favorite fast food meal by writing out the meal on a restaurant order form or 3 X5 note cards.
- Review the [Life in the Fast Lane](#) handout/transparency with students. As you go through the 4 key points for making choices at a fast food restaurant, cover the suggestions given and ask students to offer suggestions as to how they could accomplish the guideline, and then reveal the suggestions on the transparency. Use menus from area or popular fast food restaurants and ask students to make choices based on the 4 key recommendations.
- Ask students to visit the *Real Truth About Fast Foods and Nutrition* (<http://library.thinkquest.org/4485/>) ThinkQuest website (see reference section). Click on “McDonald’s/Burger King/Wendy’s” section to compare the nutrition content and calories in similar menu choices at these restaurants by completing the [Fast Food Frenzy - How Do the Fast Foods Compare?](#) activity.
- Students should select their favorite fast food meal from the list and complete a nutritional analysis of their favorite fast food meal using the handout, [My Favorite Fast Food Meal](#).

Extended Learning Activities

- **Field Trip without Fast Food** - Pack nutritious sack lunches for a class field trip and avoid the fast food choices. Consider food safety principles.
- **Nutrition on the Go** – Plan and pack nutritious sack lunches for the school athletic teams and give to them as they leave for a competition. Consider food safety principles

Life in the Fast Lane



"Yield" to the Right Choices

1. Reduce fats, saturated fats and cholesterol

- **Choose plain burgers and sandwiches**
- **Leave off the sauce, mayo, cheese & bacon**
- **Avoid fried foods – French fries, onion rings, cheese sticks**
- **Select broiled or grilled instead of fried**
- **Drink water or low fat milk instead of pop**
- **Order tacos on a plain soft tortilla**
- **Skip croissants & biscuits**
- **Eat raw veggies and salads with no dressing or reduce amount of dressing**
- **Choose small portions**
- **Skip dessert**



2. Limit Sugar

- **Use less ketchup, relish, jelly, honey, BBQ sauce, etc.**
- **Choose fresh fruit at the salad bar**
- **Avoid pop, choose milk or water instead**
- **Skip dessert**

3. Limit Sodium

- **Limit salad dressings, use a lemon wedge instead**
- **Limit sausage, ham, bacon & biscuits**
- **Use salt sparingly**

4. Increase fiber

- **Choose fresh fruits & veggies**
- **Select sandwiches with tomato & lettuce**
- **Choose whole grain buns**
- **Eat baked potatoes with skins**
- **Choose foods which include beans**

Fast Food Frenzy

How Do Fast Foods Compare?

Name _____

Directions: Visit *The Real Truth About Fast Food ThinkQuest* which can be accessed at <http://library.thinkquest.org/4485/frames.htm> and answer the following questions?

Burgers

1. Which of the burgers listed is the lowest in calories and how many calories does it have?
2. Which of the burgers is the highest in calories and how many calories does it have?
3. Which of the burgers has the most total fat and how many grams of fat does it have?
4. Which of the burgers has the least total fat and how many grams of fat does it have?

Fries/Baked Potatoes

5. Ann wants to watch calories. Should she order a baked potato with sour cream and chives or large French fries?
6. If Ann orders a plain baked potato, click on the Wendy's site and find out many calories she saved?

- | | Calories |
|--|----------|
| a. Baked Potato with Sour Cream & chives | _____ |
| b. Plain Baked Potato (10oz) | _____ |
| c. Calories saved | _____ |

Salads

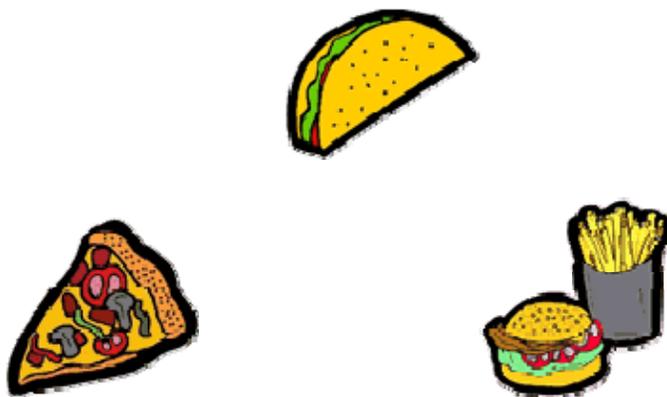
7. Ann orders a garden salad at McDonald's. How many calories in the salad?
8. Should she add the Ranch Dressing? Why or why not?

The Big Question: Based on what you have learned about nutrition and the MyPyramid food guide, what are three things you could do when eating at fast food restaurant to make healthy choices?

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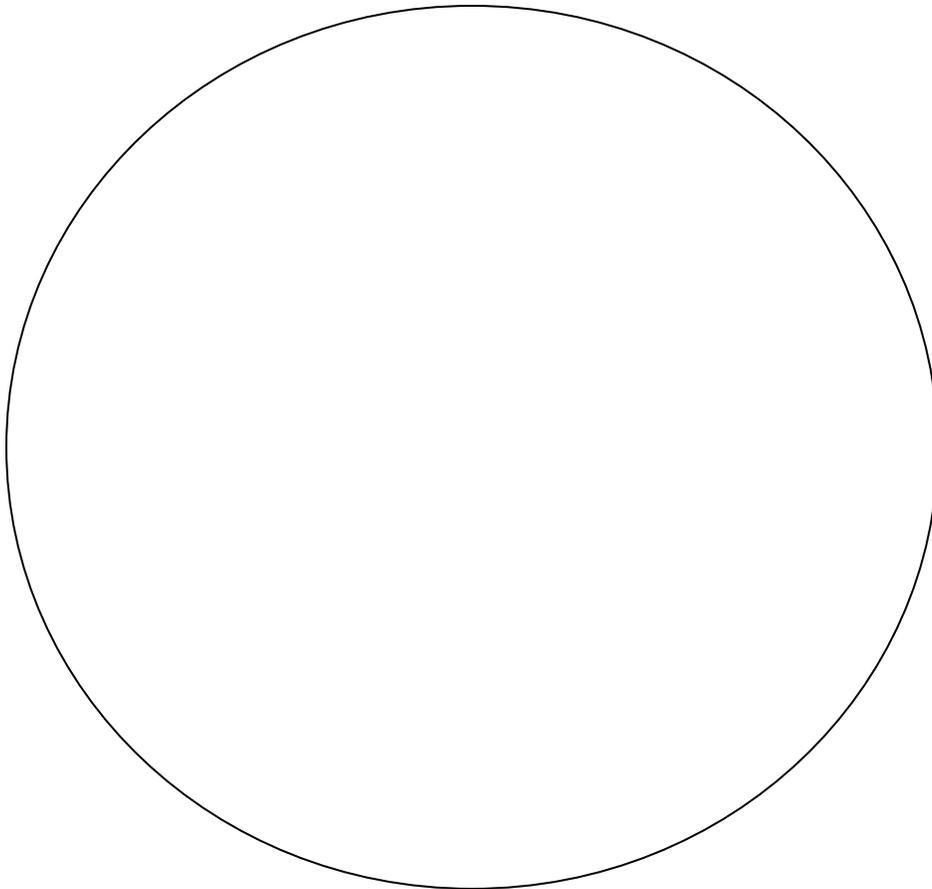


Your Favorite Fast Food Meal

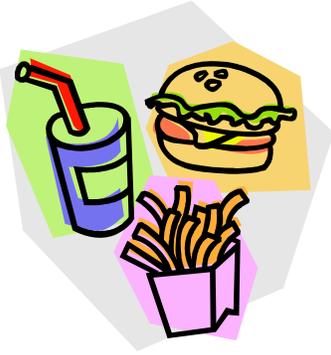
Directions: Choose your favorite fast food restaurant from the list provided at the website. In the “plate” below, write out the foods you usually choose when eating at this fast food restaurant.

My fast food restaurant choice is _____.

Menu



My Favorite Fast Food Meal



Directions: Complete the chart below using the foods from your favorite fast food meal; to complete the chart visit the Fast Food Facts website.

Name _____

Fast Food Restaurant _____

Food Item	Serving Size	Calories	Tot. Fat	Saturated Fat	Carbs	Protein