

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

Selecting Foods To Meet Nutritional Needs

Grade Levels: 9-12

Concept: Eating/Dining Out

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 common nutrition concerns related to eating out
- Develop strategies for healthy eating while eating out
- Analyze menu items for key nutrients

Anticipated Behavioral Outcomes:

- Students follow the Dietary Guidelines when eating out.
- Students identify food items on the menu that may be high in calories, fat and sodium and make appropriate substitutes to lower calories, fat and sodium.

Resources Needed:

- Transparency – [Fact or Fiction](#)
- Copies of the article *Special Issues: Eating Habits: Eating Out*, (see reference list below) for each student
- Copies of handout, [Tips for Eating Out That Don't Cost a Dime](#)
- Menus from area restaurants

References for teachers and students:

NEW – An important resource for this topic is the “Eating Out with the Guidelines” (www.health.gov/dietaryguidelines/dga2005/toolkit/eatout.htm) webpage with tips for eating out based on the *2005 Dietary Guidelines for Americans* including tip sheets on portion sizes, eating ethnic foods and more.

NEW – Read the summary of a research study linking fast food and poor nutrition in U. S. children at this USDA site (www.ars.usda.gov/is/pr/2004/040105.htm?pf=1).

“Restaurant Portions – Is Bigger Really Better?”– This article discusses super-sizing and offers suggestions for consumers when eating out. It is available from the *Colorado State University Cooperative Extension Service* at www.ext.colostate.edu/pubs/columncc/cc011009.html

A similar news release is available from the *American Dietetic Association* (www.eatright.org) “Are Growing Portion Sizes Leading to Expanding Waistlines?” (www.eatright.org/cps/rde/xchg/ada/hs.xsl/media_3073_ENU_HTML.htm).

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A related article, “Value Marketing is Making Americans Fat”, from the *Nutrition Perspectives*, March-April, 2001 edition that discusses portion sizes in restaurants and obesity is available at <http://nutrition.ucdavis.edu/perspectives/MarApr01.htm>.

“A Diner’s Guide to Health and Nutrition Claims on Restaurant Menus” is available at www.cspinet.org/reports/dinersgu.html from the *Center for Science for Public Interest*.

Another appropriate article is “Eating Well While Eating Out” (www.kidshealth.org/teen/food_fitness/nutrition/eating_out.html), found at the *TeensHealth* website (www.kidshealth.org). Click on “Enter Teens”; click on “Food and Fitness.”

“Salad Bars – Are they Low in Calories?” is available from the Nutrition Information Resource Center at Clemson University in the May, 2002 issue of the *Nourishing News* newsletter, a publication of the *Nutrition Information Resource Center at Clemson University* <http://virtual.clemson.edu/groups/NIRC/archive.php>. You can subscribe to this newsletter at the site; it is free.

The “Seven Ways To Size Up Your Servings” copy master is available from the *Dairy Council of the Upper Midwest* (www.midwestdairy.com/files/PDF/2006NutritionEdMaterialorderform2-06.pdf). Download the order form to send for this free brochure.

NEW The *MyPyramid* (www.mypyramid.gov/) site has a “Tips for Eating Healthy When Eating Out” (www.mypyramid.gov/tips_resources/eating_out_print.html) resource page with hints for making healthy choices when eating away from home.

Texas Tech University, Iowa State University and University of Wisconsin-Stout (September, 2001). *Assessment Strategies for Family and Consumer Food and Nutrition National Standards*. Funded by the USDA, *Cooperative State Research, Education and Extension Service and Higher Education Challenge Grants*. Available from The *Curriculum Center for Family and Consumer Sciences, Texas Tech University*, Box 41161, Lubbock, TX 79409-1161, Phone 806-742-3029. Request Item #4500. Cost is \$20.00 + \$5.00 shipping and handling.

NEW - Two slide sets are available at this website that show how today's portions compare to the portions available 20 years ago, use them as a quiz with “Portion Distortion I (2003)” and “Portion Distortion II (2004)” (<http://hp2010.nhlbihin.net/portion/>). You will also learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

NEW The *WebMD* website offers their “Top Picks for Fast Food” (www.medicinenet.com/script/main/art.asp?articlekey=55724) and “Eating Out the Healthy Way” (www.medicinenet.com/script/main/art.asp?subject=eating_out_and_entertaining). Other articles related to this topic can be found at the *WebMD* “Eating Out and Entertaining Related Health Facts” (www.medicinenet.com/script/main/forum.asp?articlekey=58588&articletype=hf) page.

Background Information:

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Eating out is no longer a special occasion; it is almost a daily event. Nearly half of all food dollars is spent on food eaten away from home. It represents one third of all calories in the American diet (*Center for Science in the Public Interest*, <http://www.cspinet.org/>)

According to a new report from the *US Department of Agriculture* (<http://www.usda.gov/wps/portal/usdahome>) entitled, “Away-from-Home Foods Increasingly Important to Quality of the American Diet”, the nutrient content of meals eaten away from home is failing to keep pace with the nutritional improvements in home-prepared foods. Compared with home-prepared foods, food prepared outside the home contains more of the nutrients Americans over-consume such as saturated fat, and less of those that they under-consume, such as calcium, fiber and iron (*Nutrition Today*, May, 1999). Specific findings of the study include:

- The frequency of eating out rose by more than 2/3 over the decades of the 80s and 90s.
- Fat contributed 32% of calories in home-prepared foods but 38% in foods prepared away-from-home.
- The fiber content of away-from-home prepared foods was 25% less than that of home prepared foods.
- Calcium content of home-prepared foods was close to the nutritional benchmark but away-from-home foods were 20% below the benchmark. School foods were even higher in calcium than home foods.
- Low iron intake is common among teenage girls and young women. For this group, food eaten away from home had an iron density 29% below the benchmark.
- Meals served in school cafeterias tended to be lower in total fat and higher in calcium and dietary fiber than other meals.

NEW According to the June 2006 news release (<http://www.fda.gov/bbs/topics/NEWS/2006/NEW01379.html>) from the USDA, a recent study found that the impact of away-from-home foods is significant. Americans spend approximately 46 percent of their food budget on food prepared away from home and take in 32 percent of their calories from such foods.

Where teens choose to eat out affects the food choices available to them. It’s a lot easier to follow the Dietary Guidelines when there is a greater selection of menu items with the opportunity to choose variety. If foods can be prepared to order, consumers have more control over the calories, fat, sugars and sodium.

While people are eating out more than ever before, many are concerned about health. Restaurants offer an expanding array of “light”, “low fat” or “heart smart” menu items. Since 1997, restaurants that make these types of claims have had to comply with the definitions established by the FDA. They must also provide nutrition information upon request. However, full nutrition information is not required; only information that pertains to the particular claim. In addition, lab analysis is not required. The nutrient levels may be calculated from nutrient data bases or cookbooks (*Center for Science in the Public Interest*, <http://www.cspinet.org/>).

Learning Activities:

High School Level

- Introduce the topic with a [Fact or Fiction](#) quiz related to eating out and fast foods. Ask students to identify the statement as fact or fiction related to eating foods at a restaurant. Discuss responses.
- Discuss the appropriate serving sizes references using the *Seven Ways To Size Up Your Servings* (see reference list). Ask students to develop rhymes or hints to help them remember each serving size reference. Use food models or actual servings of food for student to visualize the amount of a serving. Discuss the difference between a portion and a serving:
 - * Serving – the amount recommended by MyPyramid
 - * Portion – the amount of food you choose to eat at any one time
- Ask students to read the suggestions, “Tips for Eating Healthy When Eating Out” (www.mypyramid.gov/tips_resources/eating_out_print.html). Ask them to make a list of suggestions for reducing fat, calories, sodium and sugar when ordering at a restaurant using the [Tips for Eating Out That Don't Cost a Dime](#) handout. If possible, provide menus from local eating establishments.
- Ask students to complete the *Fast Takes Scenario* from the *Assessment Strategies for Family and Consumer Food and Nutrition National Standards* (see reference list).
- Using actual menus from local restaurants, ask students to choose menu items that reflect healthy food choices by placing their menu item choices in a blank *MyPyramid* (www.mypyramid.gov/). Next, ask them to make a nutritional analysis of the food items using a website, computer software or nutrition text information. Compare their meal to recommended dietary guidelines for calories, fat, sodium, sugar, iron and calcium.

Extended Learning Activities

- **Portion Size Posters** – Create portion size posters to place around the school to assist students in recognizing how the recommended portion sizes for various foods compare to what they are eating. Students could also make posters comparing restaurant portion sizes with MyPyramid recommendations.

FACT or FICTION?

1. All fast foods are “junk” foods.
2. Many fast-food menu items are high in sodium.
3. Fried fish and chicken sandwiches are lower in fat than hamburgers
4. Salad bar selections provide more nutrients and fewer calories than other restaurant entrees.
5. Many restaurants serve portions large enough to include the total daily requirements indicated at MyPyramid.gov
6. Vegetables are always a good low-calorie menu choice.
7. Croissants and biscuits are much higher in fat than other bread choices.
8. Salad dressings are often high in sodium and fat as well as calories.
9. Catsup, mustard and pickles are good low-sodium, low-fat condiment choices.
10. Unlike health claims on food labels, claims on menu items are not regulated by the FDA.

FACT or FICTION?

Answer Key

1. All fast foods are “junk” foods. **Fiction**
Some fast food restaurants offer salads, low calorie dressings, etc.
Milk is offered as an alternative to soda, etc.
2. Many fast-food menu items are high in sodium. **Fact**
One plain cheeseburger has approximately 635 mg of sodium which is 26% of the recommended daily value
From: www.thecaloriecounter.com
3. Fried fish and chicken sandwiches are lower in fat than hamburgers. **Fiction**
A fish sandwich with tartar sauce has approximately 28 gms of fat – 35% of the recommended daily value;
A plain chicken sandwich has 30 gms of fat – 46% of the recommended daily value.
From: www.thecaloriecounter.com
4. Salad bar selections provide more nutrients and fewer calories than other restaurant entrees. **Fiction**
The American Dietetic Association reports that salads are "a main source of dietary fat for many women. Some salad bar items are very high in fat and calories - an avocado has five times the calories as shredded carrots and that two tablespoons of dressing can add as many as 160 calories to your salad
5. Many restaurants serve portions much larger than the recommended serving sizes from MyPyramid.gov **Fact**
Some restaurant portion sizes have increased as much as 200-800% since just a few decades ago!
From: www.extension.iastate.edu/nutrition/portions/
6. Vegetables are always a good low-calorie menu choice. **Fiction** – it depends on how the vegetables are prepared.
Fresh veggies are low in calories but deep fried veggies such as

French fries, onion rings and others are not.

7. Croissants and biscuits are much higher in fat than other bread choices. **Fact**

One large croissant – 14 grams of fat

One biscuit – 12 grams of fat

One slice whole grain bread – 1 gram of fat

From: www.thecaloriecounter.com

8. Salad dressings are often high in sodium and fat as well as calories. **Fact**

Examples:

*1 tbs. Thousand Island dressing has 58 calories and 50 of those are from fat content

* 1 tbs. blue cheese dressing has 78 calories and 71 come from fat

From: www.thecaloriecounter.com

9. Catsup, mustard and pickles are good low-sodium, low-fat condiment choices. **Fiction**

Catsup and mustard are low in sodium but pickles are not. – one medium dill pickle has 835 mg of sodium

From: www.thecaloriecounter.com

10. Unlike health claims on food labels, claims on menu items are not regulated by the FDA. **Fiction**

Claims that promote a nutrient or health benefit must meet certain criteria established by FDA and the U.S. Department of Agriculture; for example, the food must provide a requisite amount of the nutrient or nutrients referred to in the claim. In addition, a menu item carrying a health claim must provide significant amounts of one or more of six key nutrients, such as vitamin C, iron or fiber, and cannot contain a food substance at a level that increases the risk of disease or health condition. For example, a restaurant meal that contains 26 grams of fat (40 percent of the Daily Value for fat) or 960 milligrams of sodium (40 percent of the Daily Value for sodium) is disqualified from making a heart-healthy claim. From: www.fda.gov/fdac/features/1997/497_menu.html

Tips for Eating Out That Don't Cost A Dime!

Tips for reducing calories:

Tips for reducing sodium:

Tips for reducing fat:

Tips for reducing sugar:

Tips That I Would Use:

