



TRACKS Lesson Plan

Fast Food

Fast Food Frenzy

Grades 5-8

I. Lesson Objectives:

- A. Students will explain why excessive fat intake is not healthful.
- B. Students will describe ways to limit fat when eating fast food.
- C. Students will identify the difference between healthful and less healthful fats.
- D. Students will make lower fat choices from fast food restaurant menus.

II. Behavior Outcomes:

- A. Limit foods high in fat, sodium and added sugar.
- B. Maintain appropriate calorie balance during each stage of life.

III. Pennsylvania Educational Standards:

- A. 1.6 Speaking and Listening
- B. 2.5 Mathematical Problem Solving and Communication
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living
- E. 11.3 Food Science and Nutrition

IV. Materials:

- A. Handouts: “*APPetite for Health*” workbook (pages 20-23) OR “*Fast Food Survey*” and “*Fast Food Makeover*” worksheets
- B. Fast Food Nutrition Guides or menus with nutrition information from various fast food restaurants (nutrition information may be available online on some selected fast food restaurant websites)
- C. Optional handouts: “*Fast Food Word Search*”
- D. Optional Visuals: one pound and five pound fat models, fat test tubes, clogged artery model
- E. Reinforcement that conveys the appropriate nutrition message
- F. Hand wipes
- G. Food Tasting and any necessary supplies
- H. Ten Tips Fact Sheet: *Eating Food Away from Home* (available from: <http://choosemyplate.gov/healthy-eating-tips/ten-tips.html>) or other appropriate fact sheet

V. Procedure: *Text in italics are instructions for the presenter, non-italicized text is the suggested script.*

A. Introductory:

1. Lesson Introduction

- a. *Introduce yourself and the nutrition education program/organization presenting the lesson.*
 - b. *Review previous lesson.*
 - c. *Distribute student workbooks, if using, and turn to page 20. Review the title of today's lesson/APP, "Fast Food Frenzy", and the "Highlights" box. Explain that today's topic will be Fast Food. Students will learn why they should avoid eating too much fast food and how they can make healthier choices when they do eat at fast food or other types of restaurants.*
2. Icebreaker: Fast Food Survey
- a. *Have students turn to page 21 in their workbooks, distribute copies of the "Fast Food Survey" worksheet, or ask the questions from the survey to the class.*
 - i. *For 5th & 6th grade, read each question out loud to the class and allow students to fill in their answers.*
 - ii. *For 7th & 8th grade, have students read and answer the questions on their own.*
3. Alternate Icebreakers:
- a. *"Fast Food Word Search"*
 - b. *Fat Models: To get students thinking about what fat is, pass around the one pound and five pound fat models. Explain what the models represent.*

B. Developmental:

1. *Review the students' responses to the "Fast Food Survey" questions and discuss points as appropriate.*
 - a. *What is your favorite fast food? Compare the students' responses to see if they chose similar items.*
 - b. *What foods do you consider to be fast food? Solicit answers from the students. Remind students that fast food can include not only burger and fried chicken restaurants, but also pizza, Chinese, other take-out restaurants, corner and convenience stores, donut/bagel shops, street vendors, etc.*
 - c. *How often do you eat fast food? Read each choice and have students raise their hands for the option they circled. Compare responses and determine which frequency the most students chose.*
 - d. *Why do you eat fast food? Solicit answers from the students and discuss. People may eat fast food for a number of different reasons. They may not have time to cook and need something to eat quickly, they may think it's an inexpensive option (although that is not always true), or they may like the taste of the food.*
 - e. *Which meal choice contains the least amount of fat? Read each choice and have students raise their hands for the meal they circled. Determine which meal the most students chose and why they thought it had the least amount of fat. The fat content of each item will vary depending on the restaurant, however, on average each meal contains:*
 - i. *Meal #1: about 64 grams of fat. This meal contains the most fat out of all three choices. Each of the items is high in fat, so this is not the best choice.*
 - ii. *Meal #2: about 26 grams of fat (without mayo or cheese on the sandwich). This meal actually contains the least amount fat. It is still possible to enjoy some of your favorite foods when eating out. Choose smaller portions and pair them with healthier options.*
 - iii. *Meal #3: about 43 grams of fat (would be about 27 grams with grilled instead of fried chicken). Even though this is a salad, which we think would be a*

- healthy choice, it still contains a high amount of fat. The crispy chicken, which is fried, and the creamy dressing both contain a lot of fat. How could we make this meal healthier? *Solicit answers from the students and discuss.*
2. *Refer to page 20 in the workbook, "Fast Food Frenzy", to continue discussing fast food. Have students read bullet points out loud and discuss each point.*
 3. *Ask students:* In addition to fat, what else do you think fast foods contain in high amounts? *Solicit answers from the students and discuss. Have a student read the first bullet point.* In general, fast foods contain high amounts of calories, fat, and sodium. Many items, especially beverages, contain added sugar. *Remind students what they learned about beverages and sugar in the previous lesson and ask them to name a few examples of beverages that contain added sugar.*
 4. *Ask students:* Do we need fat in our diet? Are there different types of fat? What do you know about the different types of fat? *Discuss student responses. Have a student read the next bullet point.* There are two different types of fat:
 - a. Solid fat (saturated & trans fat) can raise cholesterol and increase risk for heart disease.
 - b. Unsaturated fat (mono- & polyunsaturated fat) can be healthy for your heart.
 5. *Tell students:* We do need some fat in our diets, but remember that not all fats are created equal. We should try to limit the amount of saturated and trans fat that we eat. These are fats found in fried foods, candy, cookies, cakes, and salad dressings to name a few. Unsaturated fats are healthier for the body and are found in foods such as, vegetables oils, nuts, and fish and poultry.
 6. *Ask students:* Why do you think we should limit the amount of fast food we eat? *Discuss the students' responses. Have a student read the next bullet point.* Eating too much fast food could increase your risk for obesity, heart disease, high blood pressure, and Type 2 diabetes. *Tell students:* This is especially true if a person does not make healthier fast food choices.
 - a. The high amounts of calories, especially empty calories, in fast food could lead to weight gain, which could increase your risk for obesity and other health problems like Type 2 diabetes and heart disease.
 - b. The high amounts of saturated and trans fat in fast food could raise your cholesterol (fat in the blood), which puts you at greater risk for a heart attack. *If available, show students the clogged artery model to help explain how high cholesterol can lead to plaque buildup in arteries and increase risk for heart attack.*
 - c. The high amounts of sodium in fast food could contribute to an increased risk for high blood pressure.
 7. *Ask students:* How could we make healthier choices when we eat fast food? *Discuss the students' suggestions for making healthier fast food choices. Have a student read the next bullet point.* Here are some ways to eat healthier when eating out:
 - a. Choose smaller portions.
 - b. Choose grilled or baked foods instead of fried ones.
 - c. Choose fruits or vegetables for sides.
 - d. Choose water, 100% juice, or low-fat milk for beverages.
 - e. *Tell the students:* One of the easiest ways to cut back on fat is simply by reducing the portion size that you are consuming. Frying food adds extra fat to it, but grilling or baking foods usually does not provide added fat. Many restaurants are offering more fruit or vegetable options that may be chosen instead of fried options. If you choose a salad, pick a dressing such as balsamic vinaigrette or

Italian dressing over a higher fat dressing such as Caesar or regular ranch. Creamier dressings will often have more calories and fat. If you must have that favorite dressing, simply dip your fork in the dressing prior to digging into the salad. This will reduce the amount of dressing you ultimately use by the time you finish your salad. Another idea to lower fat content is to choose spices and herbs to flavor food rather than butter or melted cheeses.

8. Activity: Fast Food Makeover

- a. *Have students turn to page 22 in their workbooks OR distribute copies of the “Fast Food Makeover” worksheet. Distribute Fast Food Nutrition Guides or packets of fast food menus with nutrition information to students. Students may also use online menus with nutrition information. Review how to use the guides, specifically where to find the amount of calories and total fat.*
- b. *Read the instructions and review the example.*
 - i. *For 5th & 6th grade, have students complete one example on their own for a restaurant of their choice.*
 - ii. *For 7th & 8th grade, have students complete up to three examples on their own from restaurants of their choice. Encourage students to choose different types of restaurants (i.e. burger, pizza, Chinese, etc.) for each example.*
- c. *Ask for student volunteers to read their original meals and their made-over meals.*
- d. *Ask students: Were you surprised by the amount of calories and fat in your original meal? Was it difficult to make a meal with less than 600 calories and 25 grams of fat? How were you able to reduce the amount of calories and fat in your meal makeover? Discuss student responses and review strategies for making healthier choices when eating fast food. Tell the students: Remember some of these tips for making healthier choices when eating fast food:*
 - i. *Choose smaller portions*
 - ii. *Choose grilled or baked foods instead of fried ones.*
 - iii. *Choose fruits or vegetables for sides.*
 - iv. *If having a salad, choose low-fat dressing and/or get dressing served on the side to help control the amount used.*
 - v. *Choose water, 100% juice, or low-fat or skim milk for beverages.*
 - vi. *Don’t add too much butter, cheese, or other high-fat condiments, and use spices and herbs to add extra flavor to foods.*

C. Conclusion of lesson:

1. *Distribute hand wipes.*
2. *Provide each student with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why this food is a healthy option.*
3. *Distribute the reinforcement, read the message and/or explain the reason why they are receiving a reinforcement.*
4. *Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.*
5. *Thank the students for their participation and answer any questions the students have.*

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.



Fast Food Survey

1. What is your favorite fast food?

2. What foods do you consider to be fast food?

3. How often do you eat fast food? (Circle the answer that best describes you)

Every day

A few times per week

Once a week

Less than once a week

Once a month

Rarely

4. Why do you eat fast food?

5. Circle the letter for the fast food meal that you think has the *least* amount of fat.

a. Meal #1

Double cheeseburger

Large French fries

16 ounce chocolate milkshake



b. Meal #2

Grilled chicken sandwich

Small French fries

8 ounces of low-fat chocolate milk



c. Meal #3

Crispy chicken Caesar salad

Apple slices

Bottle of water



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Name: _____

Date: _____



Fast Food Makeover

Using the *Fast Food Nutrition Guide*, find the menu for one restaurant where you like to eat. Choose 3 items from the menu that you might typically order and write them in the box below. Look up the amount of calories and fat in each of your items and then add up the totals for your meal.

Example: Menu from a Burger Restaurant

Menu Item	Calories	Grams of Fat
Quarter Pound Burger w/ Cheese	510	26
Large French Fries	500	25
Chocolate Milkshake	580	14
Totals:	1590	65

My Menu from: _____ (Burger Restaurant)

Menu Item	Calories	Grams of Fat
Totals:		

Now try to makeover your meal by choosing healthier items. Choose 3 items from the same menu that add up to less than 600 calories and less than 25 grams of total fat and write them in the box.

Example: Healthier Menu Makeover from a Burger Restaurant

Menu Item	Calories	Grams of Fat
Cheeseburger	300	12
Small French Fries	230	11
Bottle of Water	0	0
Totals:	530	23

My Healthier Menu Makeover from: _____

Menu Item	Calories	Grams of Fat
Totals:		



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Now that you've seen how to cut back on the amount of calories and fat in your fast food meal, try to makeover a meal from a pizza restaurant, a Chinese restaurant, and one restaurant of your choice. Remember that your healthier menu should add up to less than 600 calories and less than 25 grams of total fat.

My Menu from: _____ (Pizza Restaurant)

Menu Item	Calories	Grams of Fat
Totals:		



My Healthier Menu Makeover from: _____

Menu Item	Calories	Grams of Fat
Totals:		

My Menu from: _____ (Chinese Restaurant)

Menu Item	Calories	Grams of Fat
Totals:		



My Healthier Makeover Menu from: _____

Menu Item	Calories	Grams of Fat
Totals:		

My Menu from: _____ (Your Choice)

Menu Item	Calories	Grams of Fat
Totals:		



My Healthier Menu Makeover from: _____

Menu Item	Calories	Grams of Fat
Totals:		



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Fast Food Word Search

B L T D O D B S T G T C C T
 A S N C T R K S E V M P S E
 K A R H T S N I A C O R G V
 E K L I U L A A R N N A K E
 D E L C W E D L P Z L R H G
 P H G K E Z F T W F B D A E
 O D R E H E R T A W G U H T
 T H I N C R U S T P I Z Z A
 A A L E A D I A E L G C L B
 T L L I E E T L R S M A L L
 O W E P E S H A R E A T A E
 O E D T T F A D W O T O R S
 L A R S T U A D S L R U S P
 M K A P A A E G T T H P L R

Salad
Grilled
Baked Potato

Water
Small
Thin Crust Pizza
Chicken

Fruit
Vegetables
Share



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Fast Food Word Search

ANSWERS



Salad Water Fruit
 Grilled Small Vegetables
 Baked Potato Thin Crust Pizza Share
 Chicken



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