



TRACKS Lesson Plan

Fast Food

Caregiver Workshop - Eating Healthy When Eating Out

Audience: Caregivers

I. Nutrition Education Objectives:

- A. Know the key messages from MyPyramid.
- B. Consume recommended amounts and variety of fruits and vegetables daily.
- C. Be physically active each day.

II. Content

- A. Participants will learn the importance of energy balance.
- B. Participants will understand the key concepts of MyPyramid.
- C. Participants will learn how to interpret the information on a food label.
- D. Participants will select healthier choices when eating out.

III. Materials

- A. PowerPoint presentation: "Eating healthy when eating out," laptop and projector; mini screen (optional)
- B. Visuals: MyPyramid poster, Anatomy of MyPyramid, 3 or 4 beverage containers of varying sizes, fat containers (plastic containers with Crisco representing the amount of fat in various fast food meals), one pound and five pound fat/muscle models and How Much Fat? test tubes
- C. Handouts:
 1. "Your Personal Path to Health: Steps to a Healthier You" brochure
 2. Fast Food Frenzy Restaurant Menus
 3. My Healthier Fast Food Choices worksheet
 4. MyPyramid mini poster
 5. ERN information sheet
 6. Parent Newsletter- Fast Food
- D. Supplies: Pencils, pens, masking tape
- E. Optional: Sample packaging from fast food restaurant with nutrition facts and/or Nutrition Information brochure
- F. Reinforcements (or any other appropriate reinforcement)
 1. Fast Food Guides
 2. Eat Right Now pen
- G. Food Tasting: Low-fat cheese and whole grain crackers
 1. Plastic cups
 2. Paper napkins
 3. Paper plates
 4. Plastic forks

5. Water
6. Individual hand wipes
7. Gloves

IV. Procedure

A. Introductory

1. Introduction of Nutrition Educator
2. Icebreaker- “Guess how much fat”
 - a. Display the Crisco fat containers.
 - b. Explain that each container represents the amount of fat in a fast food meal.
 - c. Review the fast food meals
 - d. Participants will guess which container corresponds to which fast food meal. Write grams of fat for each meal on the board after participants respond.
3. Lesson introduction
 - a. Explain the Eat.Right.Now. Nutrition Education program and general goals. Give specifics on what we do in the schools and why nutrition education at this age is so important. Explain how the prevalence of overweight and obesity in children and adolescents has increased over the years. Research has shown that children who are overweight at a young age tend to be overweight as adults.

B. Developmental

1. Review the benefits of healthy eating for children
 - a. Better school performance
 - b. Developmental growth
 - c. Prevention of overweight
 - d. Prevention of chronic disease
 - i. A healthy diet helps prevent many chronic diseases. The slide shows a healthy artery and what happens to it when plaque deposits form on the walls. This is what leads to clogged arteries and heart attacks.
2. Discuss the link between food intake and weight gain
 - a. Explain the concept of energy balance. The calories you take in through food should equal the calories you expend through physical activity. If you take in more calories than you expend, you will gain weight. If you take in less calories than you expend, you will lose weight.
 - b. There are many reasons for an increased energy (or calorie) intake. More foods are available, people eat more meals out at restaurants, restaurants serve larger portions than necessary, and competition among manufacturers and advertising are some of the more common reasons. There are also numerous reasons for decreased energy expenditure. People are more sedentary today. Children are watching more television, playing video games or on the computer. Schools have limited physical education classes or extracurricular activities. Some neighborhoods are unsafe, which leads to less outdoor play.

- c. It is very easy to get out of energy balance: 100 extra calories per day = 10 lb weight gain per year. Extra calories add up very quickly.
3. MyPyramid
 - a. Give a brief introduction to MyPyramid. Explain that it is a roadmap that guides you down your path to a healthier you. You can use MyPyramid to develop your personal and unique step by step path to help you eat healthfully and be physically active.
 - i. Encourage participants to visit **<http://www.MyPyramid.gov>** to calculate daily calorie needs, learn recommended amounts from each food group and find a sample week's worth of menus.
 - ii. Discuss each food group and tips for healthy eating.
 - iii. Stress importance of variety, moderation and portions through a review of the Anatomy of MyPyramid .
 4. Portion sizes
 - a. Portion sizes have increased over the years. Consumers are taking in more and more calories because they are eating larger amounts of foods. The slides that follow show how portions have changed and how much the calories differ.
 5. Reading food labels
 - a. Reading food labels teaches us how to determine if a food is a healthy choice or not. Review where to find serving size, servings per container, calories, and percent daily value.
 - i. Instruct participants that they can find nutrition information in the nutrition information brochure for the restaurant, at the restaurant's website, or on the packaging of some fast foods. Show sample Nutrition Information brochure and/or fast food packaging with nutrition facts.
 - ii. Activity 1: Compare the food label for regular chips vs. baked chips. What is the calorie difference? Are there more vitamins and minerals in the baked versus the regular? Which would you choose?
 - iii. Activity 2: How much sugar is in your beverage?
 - iv. Place 3 or 4 beverage containers of varying sizes on the table. Ask for two volunteers to pick the container they usually choose when purchasing a sugar sweetened beverage. Have each participant guess how many ounces the container can hold. Demonstrate how to calculate the number of teaspoons of sugar in the containers the participants have chosen.
 6. Discuss how to choose healthier foods when eating out.
 - a. Menu items from fast food restaurants are usually higher in fat, sodium and calories, but there are healthier choices you can make from the menu.
 - i. Pop Quiz: Which meal has the least amount of fat?
 - ii. Discuss fast food makeovers.
 - iii. Discuss tips for choosing healthier foods when eating out.
 - b. Activity 3: Fast Food Frenzy

- i. Distribute Fast Food Frenzy Restaurant Menu and My Healthier Fast Food Choices worksheet to each participant.
- ii. There are 3 types of menus: Burger Joint, Pizza and Chinese Restaurant.
- iii. The participants are to view the menu to see what they would like to order. Instruct the participants to create 2 fast food orders with foods that they would like to eat. The requirement for each order is that the total fat grams for each fast food order must be 25 grams or less.

V. Conclusion:

- A. Thank the participants for their time and answer any questions they may have.
- B. Distribute hand wipes.
- C. Provide each participant with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.
- D. Distribute parent handouts
- E. Distribute reinforcements and explain the reasoning for the reinforcement.



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

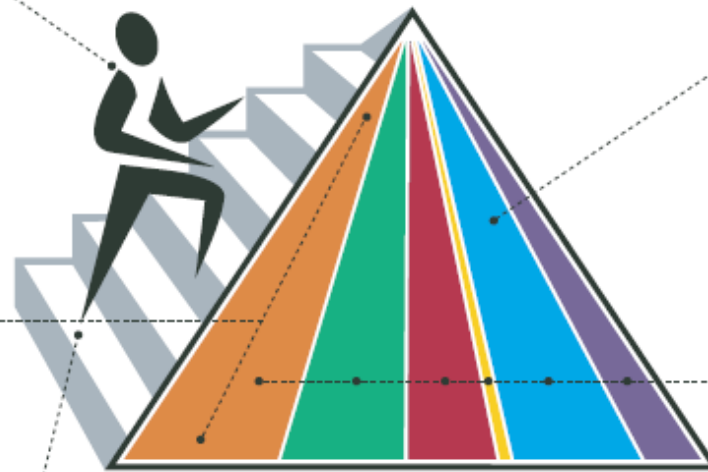
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



MyPyramid.gov
STEPS TO A HEALTHIER YOU



USDA is an equal opportunity provider and employer.

