

Lesson Plan

Title Mini Add-On about Fast Food

Target Audience Adolescents

Name _____

Method _____

<p>Terminal Objective Learners will be able to evaluate the nutritional quality of fast food items and choose items that are of higher nutritional quality. Learners will be able to explain techniques for cutting down calories while eating fast food without having to cut fast food completely from their diet.</p> <p>Domain <u>Cognitive</u> Taxonomic Level <u>Application</u></p>	<p>Terminal Concept The fast food industry is growing rapidly throughout the world. It is important that learners realize the nutritional quality of the foods that they choose as well as be introduced to ideas for cutting calories at fast food establishments. The goal is not to scare people into never eating out, but instead prepare them to make informed food choices.</p>
<p>References http://www.ars.usda.gov/is/pr/1996/eatout1196.htm ADA Complete Food and Nutrition Guide</p>	
<p>Preparation Make sure you have three overheads and a number of fast food nutritional menus that you will hand out to learners.</p>	
<p>Pre-assessment Refer to the introduction activity.</p> <p>Assessment (evaluation) Have learners choose one lower calorie item that they would be willing to substitute for a higher calorie food when they are out to eat.</p>	<p>Introduction <i>Find some way to tie this concept of fast food eating into the main lesson that you are presenting.</i></p> <p>Ask: How many of you consume food from a fast food establishment at least once a week? What is the most common reason you eat out?</p>

Supporting Objectives	Content Outline	Time	Learning Experience (Activity Outline)
<p>Learners will be able to identify the current trend of fast-food restaurants in America today.</p>	<p>“On a typical day, more than 70 percent of teenage males eat away from home.” The number of Americans who obtain meals from outside the home has been steadily increasing ever since 1965. Lunch is the most popular meal to eat out.</p>		
<p>Learners will be able to identify the typical nutrient consumption of fast food.</p>	<p>Fast food is so varied that there can be no overall comment to adequately describe its’ nutritional value. Although there is much talk about the detriment of fast food, it does not have to be bad. An occasional fast food meal is tasty and can definitely be part of a healthy diet. However, eating out too often or eating huge portions can result in serious problems. This is because the majority of fast food is usually high in calories, fat, and sodium. In addition fast food is typically low in Vitamin A and C, calcium, fiber, fruits, and vegetables.</p>		
<p>Learners will be able to choose healthier foods at fast-food restaurants.</p>	<p>Many restaurants are realizing the need for healthier choices on their menus. For example, most restaurants have the option of milk as a beverage. Establishments such as McDonalds are allowing these ‘more healthy’ items to be substituted into meals or ordered separately. Salads are another popular item in fast food these days, but even with salads you sometimes have to be careful about extras that are put on like bacon, dressing, etc. <i>Go to the learning activity section.</i></p>		<p>To give you an idea of how many calories can</p>

<p>Learners will be able to state tips for keeping calories down and nutritional value up when eating out.</p>	<ul style="list-style-type: none"> • When going out to eat look for key words such as grilled, broiled, or steamed. These foods usually have fewer calories because they are not fried in oil. • Say “no” to portion deals such as deluxe, super size, etc. A regular portion will probably fill you up and won’t leave you stuffed. If you are still hungry after eating your meal have a piece of fruit later. 	<p>be consumed for lunch at a restaurant, possible meals have been put together.</p> <p>Display Overheads #1, 2 and 3 of typical Burger King meals.</p> <p><i>If you know what age your audience is, it is fun to look at MyPyramid before the lesson and look up how many calories a girl or boy their age should be consuming. Compare that to how many calories they are getting from just one fast food meal. They will be astonished at how many of their daily calories they are consuming at one time.</i></p> <p>After displaying and talking about the overheads, hand out the laminated nutrition facts sheets from the various fast-food restaurants to the learners. Have them look at the calories contained in their favorite items. If this item is high in calories see if they can find a different item that they might enjoy which contains fewer calories.</p> <p>After this activity, ask a few of the learners to share their thoughts about what they discovered and some healthier alternatives that they revealed.</p> <p>During this discussion have learners refer to their menus as desired.</p>
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<p>Learners will be able to identify some alternatives to fast food.</p>	<ul style="list-style-type: none"> • Share the fries with your friend. Many times you aren't still hungry but you are still eating because it is available. • Don't join the clean plate club. Just because they give you a large amount of food doesn't mean that you have to finish the entire thing. 		<p>Ask: What are some alternatives to eating out at fast food restaurants? Possible answers:</p> <ul style="list-style-type: none"> • Eating school lunch • Taking a lunch with you • Stopping at the grocery store and picking up items such as string cheese, sandwiches, or yogurt.
<p>Closure Reassure learners that fast food restaurants are ok on occasion. For a celebration or a quick fix they can work, but just not all the time. When eating at fast food restaurants remember the tips for keeping calories down. It isn't about completely cutting out fast food, the key is moderation.</p>			