

not so
fast!**CONCEPTS:**

While physical activity is declining, access to junk food is on the rise. Nearly 93% of high school students buy food from vending machines, school stores, or snack bars. Youth are at an age where they are becoming more independent in making food choices. Youth need to be equipped with the nutritional tools to make healthy, informed decisions about the foods they eat.

OBJECTIVES:

- Students will compare the amount of fat found in a variety of fast food meals by measuring shortening to represent fat grams.
- Students will learn to make healthy fast food choices by comparing various fast food meals and their corresponding nutritional values.

MATERIALS:

- Shortening (one tub or block per group)
- Set of measuring spoons (one per group)
- Ziploc® plastic bags
- Paper towels
- *Restaurant Nutritional Information* handouts (Arby's, Burger King, Jack in the Box, Kentucky Fried Chicken, McDonalds, Taco Bell, Taco Del Mar, Subway, Wendy's)
- *What Are You Eating?* sheets for each restaurant (cut apart so they are individual food items—meal cards)
- *Not So Fast!* PowerPoint or overheads
- Calculators
- Butcher paper or plastic to cover the tables



TEACHER PREPARATION:

Use the *Not So Fast!* PowerPoint or prepare overheads of PowerPoint. Copy restaurant *Nutritional Information* for all restaurants, and the *What Are You Eating?* meal cards. It is helpful to have the restaurant Nutritional Information laminated to keep them clean. The *What Are You Eating?* meal cards are used and disposed of after every class. Cut the sheets into small slips so one food item appears on every slip. Every group member should get to choose one meal card.

ESTIMATED TIME:

50 minutes

INTRODUCTORY SET:

This activity demonstrates the variety of food choices at fast food restaurants. Students will learn that there are healthy food choices that can be made at fast food restaurants and will also learn which meals to avoid. Show the PowerPoint or display the overhead *Functions of Fat* and review all points. Be sure to point out that fat is an essential part of a healthy diet. Everyone needs to eat some fat in order to survive. Fat is not the enemy, but it can be if too much of it is consumed. Review how much of the diet should be from fat.

ACTIVITY: MEASURING FAT

1. Show and discuss the student objectives.
2. Show the *Not So Fast!* PowerPoint or use the overheads to explain the function of fat in the body and to review the types of fat from the Nutrient Wise lesson.
3. Divide students into groups of four or five.
4. Distribute to each group one container of shortening, a calculator, laminated *Nutritional Information* handouts from a fast food restaurant, and a set of measuring spoons.
5. Distribute one *What Are You Eating?* meal card to each student detailing a fast food item or meal from their specific restaurant.
6. Explain that each student is to investigate the nutritional information from the restaurant on their meal card, and put the corresponding fat amounts into a Ziploc plastic bag (using the measuring spoons).
7. To minimize cleanup efforts, teachers will want to demonstrate how this is done, before handing the task over to each student.
8. Show the PowerPoint slide *Measuring Fat* or display the overhead.

9. Explain how to measure fat from number of fat grams listed on the nutritional information card by showing the PowerPoint slide *Burger King Nutritional Information* or displaying the overhead. Using a calculator, divide the total fat grams by four and this will reveal how many teaspoons of fat to place in the plastic bag. For example, if the meal on the card says 19 grams of fat, the student would put 4 and $\frac{3}{4}$ teaspoons of fat into the bag.
10. After each student has completed the task and put the corresponding fat into the plastic bag, ask groups to present to the class which meals had the most fat, and which had the least. Ask students to line up from least grams of fat to most grams of fat. Repeat for each restaurant represented.

Conclusion:

How many students realized there were healthy options at these fast food restaurants? How many plan on changing what they would normally order as a result of this activity?

Have each group turn in three things they learned about their restaurant and three pieces of advice they would give to people about how to eat healthier at the particular restaurant.