

health trek



LESSON 4

not so fast!



health
trek

Today's Objectives

- Compare the amount of fat found in a variety of fast food meals
- Learn to make healthy fast food choices



Functions of Fat

- Provides essential fatty acids the body can't make on its own
- Helps the body absorb certain vitamins (A,D,E,K)
- Improves taste of food
- Supplies oils to skin and hair
- Acts as an insulator

Types of Fat

1. Saturated

- Found in animals
- Solid at room temperature
- Clogs arteries and veins
- Type of fat that needs to be limited



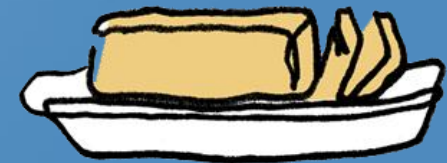
2. Unsaturated

- Liquid at room temperature
- Helps reduce risk of heart disease



3. Trans Fat

- Clogs arteries
- Found in margarine and other foods made with partially hydrogenated oils



Measuring Fat

- 1 teaspoon represents 4 grams of fat.
- Divide total fat on your meal card by 4 to get teaspoons.
- For example, if your meal card says 19 grams of fat:

Divide $19/4 = 4.75$ teaspoons

* 3 teaspoons = 1 tablespoon



Burger King Nutritional Information

Food Item	Calories	Fat Content
Burger King Quad Stacker	1000	68 grams
XL Double Whopper with Cheese	923	57 grams
Supreme Cheeseburger	385	20 grams
Chicken Royale	574	32 grams
Chicken Royale without Mayo	403	14 grams

What Are You Eating?

WHAT ARE YOU EATING?

Fill your plastic bag with the right amount of fat for
your identified foods
_____grams of fat

Conclusion

Did you realize there were healthy options at these fast food restaurants?

Do you plan on changing what you would normally order as a result of this activity?

Each group needs to write:

- three things they learned about their restaurant
- three pieces of advice they would give to people about how to eat healthier at their particular restaurant