EATING OUT – FAST FOOD – SHOULD I?

HAVE STUDENTS RESEARCH 3 DIFFERENT FAST FOOD PLACES OF THEIR CHOICE AND BRING IN A COPY OF THEIR NUTRITIONAL FACT SHEET.

1) Have them write down what they would order as their favorite meal at each place no worries about money. Then have them list the calories, fat content and sodium content of each substance and give a grand total for the meal. Make a class list visual for all to see.

2) Search the menu and make up the worst meal possible at each restaurant. Figure out who can be the worst.

3) Search the menu and make up the healthiest meal (must be edible) possible at each restaurant. Figure out who can be the best.

4) Make a list of healthy options you can do at home for meals or snack foods.

5) End the discussion with a "healthy feast " (brought in by whoever can) of the best food ideas for the body. (veggie and fruit trays, yogurt smoothies, PB and banana mini sandwiches). OR decide on one and have the class make it and share it with a friend while explaining why it is a good choice for their health.