

Have you heard of MyPlate? If so, what is it?



Essential Standard

- 8.NPA.2 – Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation.



Clarifying Objective

- 8.NPA.2.2 – Generate a healthful eating plan incorporating food choices inside and outside the home setting.



Statement of Objectives:

- *The average American eats at least one if not two meals away from home each day. Some of the choices are nutritional, but many are not. By the end of the lesson today, we will know how to evaluate our food buying and food preparation habits at home, describe healthful habits of preparing food at home or choosing food when eating away from home and practice healthy habits when making menu selections when eating away from home.*

➤ *The following is an article which was recently published about one popular fast food restaurant:*

- *“McSupersizes to be phased out: Say goodbye to those supersized fries -- McDonald's is slimming down its menu.” [USA Today]*
- *“The hamburger giant has started phasing out its trademark Supersize fries and drinks in its U.S. restaurants as part of an effort to simplify its menu and give customers choices that support a balanced lifestyle.”*
- *By the end of 2004, Supersize will no longer be available at the nation's 13,000-plus McDonald's outlets except in certain promotions.*
- *The move comes as the world's largest restaurant company and fast-food chains, in general, are under growing public pressure to give consumers healthier food options in a nation that has suddenly become aware of its bulging waistline and the health dangers which come with it.*
- *McDonald's recently added entree salads and has been moving to provide more fruit, vegetable and yogurt options with its Happy Meals. However, the company remains a magnet for public concerns -- and legal actions -- when it comes to obesity.*

This article opens the debate:

- *If Americans are becoming heavier and less healthy, is it the fault of restaurants or individuals who patronize those restaurants?*
- *Can Americans eat more nutritiously when eating away from home?*

Generate a list of venues for making food choices and eating outside the home

- **Restaurants**
 - **cafeteria**
 - **convenience stores**
 - **vending machines**
 - **concessions at sporting events**
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How do you make food selections
at each of these venues?



The American Heart Association recommends that you get no more than **30%** of your total calories from fat



- Restaurants often **distort** portion sizes, encourage more **sweetened beverage** consumption than normal, and offer lots of food choices for one sitting (appetizers, main course with extra side dishes, dessert).





Eating Light When Eating Out at Fast Food Restaurants

- Never arrive ravenously hungry.
- Order the smallest portion available.
- Request that special sauces be left off or served on the side or substitute condiments such as mustard for mayonnaise.
- Avoid fried selections, including French fries and desserts.
- Select entrees with no more than 10-12 grams of fat.
- Choose salads and go easy on the dressings.
- Choose water, unsweetened ice tea, or drink low-fat milk.
- Do not order cheese or bacon with a sandwich.
- Order salad dressings on the side and use sparingly.
- Choose entrées that are steamed, poached, baked, broiled, or roasted instead of fried or sautéed.

Eating Light When Eating Out in Restaurants



- Stay away from thick, rich sauces such as hollandaise or gravy. Choose red pasta sauces over white.
- Eat small portions or order half portions or an appetizer instead of a full meal. Never stuff yourself by eating too quickly.
- Cut the fat off red meat and remove the skin from chicken.
- If you simply must have a sweet, share dessert with a friend or limit to an after dinner mint, fresh fruit, or sorbet.
- If you don't know what's in the dish or don't know the serving size, you should ask.
- Eat slowly and stop eating when you are full. Listen to the cues your body gives you.
- Ask for substitutions. Instead of French fries, request a double order of a vegetable. If you can't get a substitute, ask that the high fat food be left off your plate.

Menu Trade-Offs

Instead of...	Try...
Turkey Club Sandwich	Turkey on whole wheat with mustard, lettuce, and tomato
Quarter Pound Burger	Small burger and a tossed salad with low-fat dressing
Creamed spinach	Steamed broccoli with lemon
Mashed potatoes	Baked potato with one teaspoon of butter or substitute salsa instead
12-ounce prime rib	4-ounce filet mignon
Fettuccini Alfredo	Spaghetti marinara sauce
French fries	Fruit cup
Apple pie a la mode	Berries and sorbet
Grande Cappuccino	Medium cappuccino made with skim milk
Beef or cheese enchilada	Chicken Fajitas or Bean Burrito
Everything deep dish pizza	Thin crust mushroom and onion or all veggie, or sliced grape tomatoes with basil

**Take the Following Menu Descriptions
as Hints to High-Fat Selections:**

Au beurre

Béarnaise

Flaky

Au gratin

Creamy

Fritters

Alfredo

Crispy

Hollandaise

Batter-dipped

Carbonara

Parmigiana

Breaded

Croquette

Tempura

Guided Practice:

- *We are going to look at healthy food shopping and preparation and healthy dining choices*
 - Divide the class into groups of 3-5 students.
 - You will need three large pieces of chart paper.
 - “What tips can you give for healthy shopping at the grocery store?”
 - “How can you choose a restaurant and make healthy menu choices when eating out?”
 - “How can you prepare food at home that meets the USDA guidelines?”
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- Post the charts around the room.
- Direct a group of students to each chart
- Instruct students that they are to talk with their group at each chart and using their collective ideas and prior knowledge, they are to write their thoughts and ideas; each comment should have a student's initials as an identifier.
(Example: For chart one, a student might say "shop the perimeter of the grocery store.")

Guided Practice:

- Divide the class into small groups and the group task is to develop a menu guide for commonly visited restaurants.
 - The menu guide should list at least 5 restaurants and 4 menu selections from each restaurant which would complete a healthy meal.
 - Distribute copies of the Food Choice Analysis Form (Appendix 3).
 - The groups will need to analyze each menu selection using the food analysis form (websites listed below have nutritional values).

The following formula can be used to determine the percentage of calories from fat:

fat grams per serving x 9 (there are 9 calories in each gram of fat) = F

F total number of calories per serving x 100 = % calories from fat per serving

- For fast food menus:
 - Burger King: <http://www.burgerking.com>
 - Subway: <http://www.subway.com>
 - Wendy's: <http://www.wendys.com>
 - McDonald's: <http://www.mcdonalds.com>
 - Taco Bell: <http://tacobell.com>
 - Kentucky Fried Chicken: <http://www.kfc.com>
 - Long John Silver: <http://www.longjohnsilver.com>
 - Pizza Hut: <http://pizzahut.com>
 - Dominos: <http://dominos.com>
 - Hardee's: <http://hardees.com>
 - Sonic: <http://www.sonicdrivein.com/>
 - Dairy Queen: <http://dairyqueen.com>
 - Arby's: <http://arbys.com>
 - Chick-fil-A: <http://www.chickfila.com/>
- The Fast Food Nutrition Explorer: <http://www.fatcalories.com>

Independent Practice:

- Distribute several copies of Fitness Magazine for students to pass around as a model.
 - The students are to write a magazine article for the magazine.
 - This feature should focus on tips for planning meals outside the home.
 - This will be the feature story so it should give tips and support with detail the examples of the “tips in action.”

Closure:

- *We have discovered the importance of healthy choices when eating outside of the home and you have identified multiple strategies to make healthy food choices when dining out. Utilizing these tips and healthy menu choices will help to maintain a healthy weight while enjoying your restaurant dining experience.*