



Educator Guide: Restaurants Lesson

Recommended for Grades:

3rd grade

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Demonstrate the ability to select healthier foods and drinks from a fast food menu.

Lesson Description:

This lesson centers on empowering students to make healthy choices. Restaurants are the context, but the concepts will apply at home as well. Students learn what is and isn't healthy about fast food restaurants and are encouraged to ask for nutrition facts the next time they are away from home.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Why is it important to read the nutrition facts label on your food?
 - a. It keeps you from getting bored while eating.
 - b. It tells you how much fat and sugar are in that food.**
 - c. It tells you how much it costs.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Restaurants Lesson. You may choose to use this list in any way that fits your needs.

- Fast food – food that you eat away from home and can be ordered at a restaurant counter or drive-through window

Supplemental Activity: Create Your Own Menu

Objectives:

After completing this activity students will be able to:

- Identify healthier foods and drinks on a restaurant menu.
- Create a healthier restaurant menu.

Materials Needed:

- SMART board or chalkboard

Time Required:

30 minutes

Instructions:

In this activity, students will come up with healthier alternatives to popular restaurant choices and create their own restaurant menu. This activity can be done individually, in small groups or as a large group. Using a SMART board or chalkboard, create two columns: one for less healthy restaurant choices and one for healthier restaurant choices. First have students create the list of less healthy foods. Examples could include double cheeseburger, sausage pizza, soda, french fries, chicken nuggets, etc. For each item in the “less healthy” column, students should try to come up with a healthier alternative for the “healthier” column. One example could be a baked potato instead of French fries. Or a single hamburger instead of a double cheeseburger. Discuss how fried foods are less healthy than baked or grilled foods. It may help to have a few copies of nutrition information from various restaurants for students to look at. Discuss with students how they can access the nutrition information at various restaurants.

Once the lists have been created, discuss with students whether these healthier alternatives are available at most restaurants. Next, give students the task of creating their own healthier restaurant menu. Each menu should have a section for beverages, main dishes, side dishes and desserts. Students can be as creative as they would like with their menus.

Transcript

Slide 1

Restaurants

Slide 2

We've flown over to the outer space fast food restaurant. Click on each food to learn if it's a healthy option when you're eating away from home.

Cheeseburger – Most cheeseburgers have lots of fat from the meat and cheese. This isn't a very healthy choice.

Chicken nuggets – Chicken is healthy, but not when it's breaded and deep-fried. This choice is unhealthy.

French fries – French fries are not a healthy option because they've been deep-fried in fat.

Salad – Salad has lots of vegetables in it. As long as you only use a small amount of low-fat or fat-free dressing, this is a very healthy option.

Grilled chicken sandwich – A grilled chicken sandwich with no cheese and low-fat sauce can be a healthy fast food option.

Baked potato – Plain baked potatoes are a healthier option at fast food restaurants. Try them instead of french fries next time.

Slide 3

Very often, fast food is filled with fat. You probably know that having a little fat is healthy, but if you have too much, it's bad for your heart, and it can make you gain too much weight.

Remember that if a food is fried, it has more fat. Fried chicken has more fat than grilled chicken. French fries have more fat than baked potatoes. The less fat a food has, the better it is for your heart.

You can look at the nutrition facts for foods at many restaurants. The nutrition facts tell you about how much fat and sugar are in each food item on the menu.



Slide 4

There are also some other things you can do to make healthier restaurant choices, like leaving sauces off of your food, ordering vegetables on your sandwiches, skipping fried foods, ordering white milk or water to drink, and picking smaller sizes instead of extra-large sizes.

Slide 5

Now it's your turn. Look at the pictures of restaurant foods and choose the healthiest option.

Cheeseburger and baked potato – The baked potato is a pretty healthy option, but not the cheeseburger. You could make a healthier choice.

Chicken nuggets and french fries – Both of these foods are fried. That means they have a lot of fat. Try again.

Grilled chicken salad and apple slices – This is the healthiest of the three options. The salad has grilled chicken and lots of vegetables, and the apples will provide a serving of fruit. Good choice!

Slide 6

Good job!

Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the following organizations for the research, development and delivery of Nutrition and Physical Activity lessons and activities:

Children's Wisconsin – NEW Kids™ Program

Children's Research Institute

Medical College of Wisconsin

Wisconsin Department of Public Instruction





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

