



Educator guide: Restaurants lesson

Recommended for grades:

2nd grade

Time:

4 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:

In this lesson students will learn how to make healthier choices at restaurants. They will learn what is and isn't healthy about fast food restaurants and they will decide if food choices are high or low fat.

Pre and post-test question:

Use the following question 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. Which one is the low fat restaurant meal?
 - a. Hamburger and cheese fries
 - b. Chicken nuggets and fries
 - c. **Grilled chicken sandwich and baked potato**



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 ordered at a restaurant counter or drive-through window

Supplemental activity: Healthier alternatives

Objectives:

After completing this activity students will be able to:

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

Materials needed:

- SMART board, whiteboard or chalkboard
- Nutrition information from various fast food restaurants

Time required:

20 minutes

Instructions:

In this activity, students will come up with healthier alternatives to popular restaurant choices. Using a SMART board, whiteboard or chalkboard, create two columns, one for less healthy restaurant choices and one for healthier restaurant choices. Have students start by creating a 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.

Once the lists have been created, discuss with students whether or not these healthier alternatives are available at most restaurants. Are there certain restaurants that offer more of the healthier alternatives? Who can help students get this nutrition information? Discuss how parents can help obtain nutrition information from restaurants, and that students can ask an employee at the restaurant for that information also. Some restaurants post the nutrition information right on their menu too! Encourage students to try at least one of the healthier items next time they eat at a restaurant.



Transcript

Slide 1

Restaurants

Slide 2

When you eat away from home, sometimes you go to a restaurant. This can be a place with nice tables and waiters. It can also be a place where you order at a counter, or from the car. Food you can order from a counter or drive thru window is called fast food.

A lot of times, fast food is filled with fat. Having a little fat is healthy, but if you have too much, it's bad for your heart, and it can cause you to gain weight. Sometimes, the amount of fat in a food depends on the way it's made. 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.

Did you know that when you go to a fast food restaurant, you can usually get the nutrition facts about all of the foods they have? Sometimes the nutrition facts are on a sign, or you can ask the person at the counter to give them to you. Read the nutrition facts to choose what you want to eat.

Slide 3

Do you think you can pick out the healthier restaurant meal? You'll see pictures of two meals. If you think the meal has too much fat, click the high fat button. If you think the meal has less fat, click the low fat button.

Is this restaurant choice high fat or low fat?

High fat - That's right! Both the chicken and the French fries are fried. Fried foods have lots of fat, and they're bad for your heart.

Low fat - Oops! The chicken and potatoes are both fried. That means they have lots of fat. Try again.



Slide 4

Is this restaurant choice high fat or low fat?

High fat – Not quite. Since the chicken is grilled and the potato is baked, there's less fat in this meal. Try again.

Low fat - You got it! Since the chicken is grilled and the potato is baked, there's less fat in the meal! This is a healthier choice.

Slide 5

When you choose what to eat at a restaurant, you can look at the nutrition facts, like the ones shown here. The nutrition facts tell you about how much sugar and fat are in each food on the menu.

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 drinks like milk and water and picking regular sizes instead of extra-large sizes.

Carly: Who can eat a giant size french fries, anyway?

Slide 6

Look at Carly! Her dream is to be an astronaut, so she has to stay healthy! Listen to what happens when you give her different restaurant foods to eat. Click on the pictures of the foods to have Carly eat them.

Soda - Ugh, so much sugar! My stomach hurts!

Chicken nuggets - I guess this tastes good, but now all I want to do is take a nap.

French fries - Yuck, these have so much fat. I'm getting grease all over my hands! Gross!

Water - Ahh! That's refreshing!

Grilled chicken sandwich - That tastes great. Now I'm ready to blast off!

Baked potato - Mmm, baked potato. Now I have tons of energy!

Slide 7

Good job!



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