

Dining Out Guide



Lesson Plan for Instructor



Objectives:

- To enable participants make lower fat, lower Calorie selections at restaurants.
- To provide participants with suggestions on how to reduce Calories when ordering off the menu.

Materials:

- Dry erase board or flip chart and appropriate markers
- Paper for participants to write on and pens/pencils
- Projector and overheads to write out samples menus to modify when ordering (Optional - You may want to have samples written out before class to modify.)
- Menus from local restaurants
- Optional, if available – For participants to be able to visualize the amount of fat and calories, try to use teaching tools, i.e., fat tubes, nutrition analysis of typical restaurant items, etc.

Handout(s):

Restaurant Tips



Suggested Format for Discussion:

- Ask participants how often they eat out at restaurants on a weekly basis. Depending on class size you can ask individually or use show of hands for the various number of times they eat out.
- Ask for reasons why they eat out and write responses on the board. Ask participants if they think it is easier or more difficult to control weight when dining out. Talk about temptations. Write down responses and stimulate group interaction.
- Ask for types of restaurants participants typically dine at. Write down the type of Restaurants, such as Italian, Chinese, etc. What items do they typically choose at these restaurants?
- Ask participants to think of ways they could reduce fat and calories in their selections. List responses on the board. Encourage participants to be creative and to consider trying new types of foods with less fat and Calories.
- Distribute the handout(s) and discuss any ideas not covered.
- Ask participants to write down or check tips on the handout they will use when dining out.

