



# Fast Foods

Lesson Plan for Instructor



## Objectives:

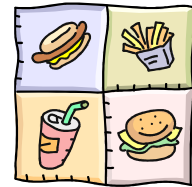
- To enable participants to make lower fat, lower calorie selections at fast food restaurants.
- To review ways to find out calorie and fat content of fast foods.
- To review ordering tips.

## Materials:

- Dry erase board or flip chart and appropriate markers
- Paper for participants to write on and pens/pencils
- Optional, if available – Internet access to or overheads and projector to show fast food nutrition charts

## Handout(s):

- Fast Food Alternatives
- Sample menus or fast food calorie charts (if available)



## Suggested Format for Discussion:

- Ask participants how often they typically eat out at fast food restaurants each week. Talk about typical meal selections and write several responses on the board or flip chart.
- Ask for suggestions to make fast food selections healthier. Write down responses.
- Show how to access websites for menu/calorie information on fast foods. May use internet or overheads/handouts. For participants who do not have internet access available to them, suggest that they ask the manager of the fast food restaurant or contact the main office/customer service of the chain for the nutrition information.
- Write down a sample menu and have participants make it healthier by changing serving sizes or substituting foods. Choose different types of restaurants and menus for practice.
- Review ways to make healthy condiment selections – make a two column list. Use one side for low fat/Calorie condiments and the other for high fat/Calorie condiments. Have participants give examples for each side.
- Distribute the handout(s) and discuss any ideas not covered.
- Have participants write down several goals/Calorie saving tips to use the next time they order fast food. Overall – encourage reduced frequency to fast food restaurants. Suggest that if they do eat at a fast food restaurant to choose one that they know has healthy options available.

