

# Healthier Foods - Fast

## Eat Fewer High-Fat, High-Sugar Foods

### Lesson 5 at a Glance

Play Active Opening Games – 10 minutes

Bridge from Lesson 4 – 5 minutes

Anchor – 5 minutes

- What do you eat when you're in a hurry?

Add – 5 minutes

- Fast foods usually include few vegetables and fruits, are high in fat, sugar, and calories and don't include whole grains. Sweetened drinks are often part of a fast food meal, and portion sizes are often large.
- One way to eat healthier foods fast is to reduce the amount we eat by choosing smaller sizes or by sharing an order.

Apply – 20 minutes

- Children make "Blubber Burgers" to compare higher and lower fat fast food choices.
- Children choose healthier main dishes and sides from fast food menus, a second way to eat healthier foods fast.

Away – 5 minutes

- A third way to eat healthier foods fast is to learn to make quick healthy meals at home like this lesson's food prep.
- Set a goal to eat healthy even when you need to eat something fast.

Bridge to Lesson 6 – 2 minutes

Play Active Closing Games –  
10 minutes

Food Prep – 10-20 minutes



### Lesson Details

**Time:** 70-90 minutes

**Learners will:**

- Discover why fast and convenience foods may not be healthy
- Visualize fat in typical fast foods
- Experience healthier foods that can be prepared quickly

**Opening Active Games:**

Slow Poke Copy Cat  
Hospital Tag

**Closing Active Games:**

Fast Food Relay  
Dragons Tail

**Handouts:**

5-1 Family Newsletter

**Visual Aids:**

5-V-1 Blubber Burger Cards  
5-V-2 Fast Food Menus  
5-V-3 Fast Food Relay Cards

**Posters:**

4-4 Lesson 4 Healthy Step Goal-Setting  
5-1 Fast Food – Good Choice?  
5-2 Big or Small: Which To Choose?  
5-3 Healthier Foods – Fast  
5-4 Take a Healthy Step Goal-Setting

**Food Prep:**

Broccoli Black Bean Quesadilla  
Tortilla Roll-Ups

## Materials and Supplies to Gather

<b>Handouts</b>	5-1 Family Newsletter: Healthier Foods – Fast	1 copy per child, back to back
<b>Visual Aids</b>	5-V-1 Blubber Burger Cards	Print 1 set from Appendix; laminate and cut apart
	5-V-2 Fast Food Menus	Print 1 set from Appendix; insert in sheet protectors
	5-V-3 Fast Food Relay Cards	Print 1 set from Appendix; laminate and cut apart
<b>Posters</b>	4-4 Lesson 4 Take a Healthy Step Goal-Setting (for Bridge from Lesson 4)	
	5-1 Fast Food – Good Choice?	
	5-2 Big or Small: Which To Choose?	
	5-3 Healthier Foods – Fast	
<b>Posters</b>	5-4 Take a Healthy Step Goal-Setting	
<b>Teaching Supplies</b>	<input type="checkbox"/> Nametags, attendance sheet; markers and newsprint (optional) <input type="checkbox"/> Optional: real examples or packages of fries and soda – large versus small <input type="checkbox"/> Hamburger Buns, 1 per 2 children (or measure fat onto small paper plates) <input type="checkbox"/> Shortening or margarine, approximately 1 cup per station <input type="checkbox"/> Small plates <input type="checkbox"/> Blubber Burger Cards (Visual Aids Appendix) in pairs as follows, plus Big Mac Card for demo: <ul style="list-style-type: none"> <li><input type="checkbox"/> McDonald’s: 10-piece McNuggets and 4-piece McNuggets</li> <li><input type="checkbox"/> Burger King: Large and Value-sized French Fries</li> <li><input type="checkbox"/> Dairy Queen: Original Cheeseburger and ¼ lb. Bacon Cheese Grillburger</li> <li><input type="checkbox"/> Taco Bell: Cheese Quesadilla and Bean Burrito</li> <li><input type="checkbox"/> Wendy’s: Quarter Pound Burger with Cheese and Ultimate Chicken Grill</li> <li><input type="checkbox"/> Subway: 6” Ham Sub and 6” Meatball Marinara Sub</li> </ul> <input type="checkbox"/> Teaspoons for measuring fat (or plastic spoons – one to scoop, one to scrape off blubber – for easy cleanup; these are usually about 1 teaspoon in size); also show with Poster 5-2. <input type="checkbox"/> Paper towels, napkins, or hand-wipes <input type="checkbox"/> Optional: Sticky-note flags or dry-erase markers for children to mark Fast Food Menu selections	
<b>Cooking Equipment</b>	<u>Broccoli Black Bean Quesadillas</u> <input type="checkbox"/> Mixing bowl, spoon, can-opener <input type="checkbox"/> Measuring cups <input type="checkbox"/> Knife, cutting board, masher <input type="checkbox"/> Skillet or pan, stove	<u>Tortilla Roll-Ups</u> <input type="checkbox"/> Can opener <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Masher or fork
<b>Ingredients</b>	<u>Broccoli Black Bean Quesadillas for 8</u> <input type="checkbox"/> 1 cup cooked black beans (1/2 can) <input type="checkbox"/> ¼ cup salsa <input type="checkbox"/> 4 ounces low-fat cheese (1 cup grated) <input type="checkbox"/> 1 cup cooked broccoli <input type="checkbox"/> Cooking spray <input type="checkbox"/> 4 8-inch whole wheat tortillas	<u>Tortilla Roll-Ups for 12</u> <input type="checkbox"/> 6 whole wheat flour tortillas <input type="checkbox"/> 1 cup grated low fat cheddar cheese (4 oz.) <input type="checkbox"/> 1 cup mild salsa (8 oz.) <input type="checkbox"/> 1 cup black beans, drained (1/2 can) <input type="checkbox"/> 1 avocado, mashed (optional)
<b>Game Supplies</b>	<input type="checkbox"/> Music and music player (optional) <input type="checkbox"/> Bandanas or socks, 1 per child <input type="checkbox"/> Boundary markers <input type="checkbox"/> Visual Aids 5-V-1 and 5-V-3, Blubber Burger and Fast Food Relay Cards (see above)	

## Background: Why eat fewer fast foods and convenience foods?

### Fast Foods and Convenience Foods Tend to Be High in Fat, Sugar, and Calories

Many fast foods (foods bought at fast food restaurants) and convenience foods (foods bought already prepared, often frozen) are high in fat and/or sugar and therefore are calorie dense, meaning they have a lot of calories for their size. Because we tend to eat by volume, not by calories, it is easy to eat more of these foods than our bodies need, leading to weight gain. Fried foods and sweetened beverages in particular add many calories with few if any nutrients. And the fat in many fast and convenience foods is solid fat (saturated and/or trans), the kind to avoid.

### Fast Foods and Convenience Foods are Often High in Sodium

Ever wondered why you feel thirsty after a fast food meal? Salt and/or sodium are often added to fast foods and convenience foods to make them taste better or as part of processing. Sodium is increasingly recognized for its role in health complications such as high blood pressure and other diseases.

### Fast Food Portions are Large

Fast food portions have increased over the years – what is now called “small” is much larger than what was called “small” a generation ago. These larger portion sizes, and the frequent offering of even larger portions for just pennies more, contribute to over-eating. Instead, share an order or take half home!

### Eating Away from Home Can Lead to Weight Gain

Americans eat about a third of their meals away from home. The more often people eat away from home, the more likely they are to be overweight due to the issues above.

### It’s Tough to Follow the Dietary Guidelines When Eating Fast Foods

Fast food meals don’t usually include vegetables and fruits, whole grains, or low-fat dairy products. In addition, the Dietary Guidelines recommend choosing foods that limit saturated and *trans* fats, cholesterol, added sugars, and salt, all of which tend to be high in fast and convenience foods. It is difficult to follow these guidelines when eating a lot of fast foods and convenience foods.

### Fast and Convenience Foods Don’t Leave Room for Healthier Foods

Another problem with eating lots of high-fat and high-sugar (calorie-dense) foods is that these can take the place of healthier foods in our diets, like fruits, vegetables, whole grains, and low-fat dairy products. These healthier foods provide important nutrients that our bodies need, with fewer calories.

### How Can We Create Healthier Meals that are Also Fast?

Fast meals can be greatly improved by making healthier food choices when eating out or when purchasing convenience foods, and by learning some quick, easy meals to prepare at home instead of eating out.

### How Many Grams of Fat in a Teaspoon?

We saw earlier that there are 4 grams of sugar in 1 teaspoon. For fat, however, there are 5 grams in 1 teaspoon, because fat has a higher density (is more densely packed) than granulated sugar. In this lesson’s fast food cards and menus, both grams and teaspoons have been rounded to whole numbers.

## Encourage Great Group Behavior during Lesson 5!

### For Younger Ages:

- Anticipate messy measuring of fat. Demonstrate Apply 1 rather than have children do the measuring, especially if time is short.
- Ask children to choose a main menu item in Apply 2 without adding a side dish. Be ready to help them read.

### For Older Ages:

- Challenge older kids to search online for nutrition information for restaurants not included in the lesson.

### During Active Games:

- Remind children that active games are a great alternative to television and video games.
- For Fast Food Relay, use both Fast Food Relay Cards and Blubber Burger Cards.

### Bridge from Lesson 4:

- Celebrate any healthy step a child took, even if they fell shy of actually meeting a goal!

### During the Anchor:

- Have examples of fast and convenience foods in your mind.

### During the Add:

- When demonstrating, put the teaspoons of fat in globs on a bun and leave off the top to give a more dramatic impression of the fat content in fast foods.
- Use plastic spoons for easier purchase and clean up, one to scoop and one to push fat off.

### During the Apply:

- Set up Blubber Burger stations ahead of time or have a co-facilitator set them up while you teach the Add.
- Remember that this Apply has two parts – 1) Blubber Burgers and 2) Choosing Healthier Fast Food Meals!

### During the Away:

- Briefly re-state the key messages so they're the last thing kids hear.

### Bridge to Lesson 6:

- Give a very quick preview of Lesson 6. Tell children they'll use all they learned so far.

### During Food Prep:

- Remind children about hand washing and kitchen safety.
- For Broccoli Black Bean Quesadillas, be prepared to help flip folded tortillas in the pan, as this can be challenging for youth.



## 5-1 Slow Poke Copy Cat

<b>Equipment</b>	Quiet Music (optional)
<b>Set Up</b>	<ul style="list-style-type: none"> <li>Ask children to stand arm's length away from each other, facing you.</li> </ul>
<b>How to Play</b>	<p>Say,</p> <ul style="list-style-type: none"> <li>I want you to copy my movements as if you were looking into a mirror.</li> </ul> <p>Do,</p> <ul style="list-style-type: none"> <li>Lead the group through a series of slow movements (10-15 seconds each) to stretch each part of the body, such as:             <ul style="list-style-type: none"> <li>Tip ear to shoulder, each side</li> <li>Shoulder lift to ear, each side, then together</li> <li>Shoulder circles, toward front then toward back</li> <li>Stretch arm above head, each side, then together</li> <li>Plant feet shoulder-width apart, twist to look behind, both sides</li> <li>Spread feet, bend at waist to touch opposite hand to toes</li> <li>Step feet together, bend at waist to touch toes</li> </ul> </li> </ul>
<b>Up the Challenge</b>	<ul style="list-style-type: none"> <li>Increase the tempo by leading movements that increase heart rate, such as: elbow to knee, arm circles small and large, marching in place, etc.</li> </ul>
<b>Source</b>	<i>Jump Into Foods and Fitness</i> Lesson 6, Michigan State University Extension, 2006.



## 5-2 Hospital Tag

<b>Equipment</b>	<ul style="list-style-type: none"> <li>Boundaries</li> <li>Designated area to be the "Hospital" (for re-entry task)</li> </ul>
<b>Set Up</b>	<ul style="list-style-type: none"> <li>Children scatter within boundaries.</li> </ul>
<b>How to Play</b>	<p>Say,</p> <ul style="list-style-type: none"> <li>In this tag game, everybody is "It"!</li> <li>When I say go, you'll all try to tag someone else – without getting tagged!</li> <li>You get three tags before you have to go to the hospital.</li> <li>The first two times you get tagged, you have to hold your "wound" by putting your hand where you were tagged – and keep trying to tag others. (Demonstrate holding your arm and shoulder.)</li> <li>The third time you're tagged, you have to go to the Hospital. Do 12 jumping jacks, and you're cured! Then you can come back into the game.</li> </ul>
<b>For Young Children</b>	<ul style="list-style-type: none"> <li>Simplify to one tag wound before going to the Hospital to do a re-entry task.</li> </ul>
<b>Source</b>	Used with permission from the CATCH program, licensed by Flaghouse Inc and the Board of Regents, University of California at San Diego.

## The Lesson

### Opening Active Games: 10 minutes

Play the games “Slow Poke Copy Cat” and “Hospital Tag” with the children.

### Bridge from Lesson 4: 5 minutes

Say,

- Who would like to share a healthy step you took last week to make half your grains whole?

- Review goals using Poster 4-4 and remind children of goals they might have chosen at the end of the last lesson.

#### Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat at least 1 whole grain food every day!
- Choose whole grain bread for sandwiches!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed: \_\_\_\_\_

Say,

- Good work! Today we're going to talk about fast foods and ways we can eat healthier foods, and still get them fast.

### Anchor: 5 minutes

Say,

- We all have times when we are really busy or rushed for time.
- Think about what you usually eat when you are rushed and there is not time to prepare a meal.
- Let's start by talking about going out or getting take-out.
- When you go out to eat a quick meal or get take-out, where do you go?

- Ask children to call out fast food restaurants they might go to with their families, or places they get take-out.
- Be prepared to give examples of fast food restaurants in your community.
- Optional: Write children's suggestions on newsprint.

Say,

- What about at home? What foods do you eat at home when you need a meal fast?

- Ask children to call out convenience foods they might eat.
- Be ready with some examples to get them thinking, like frozen dinners or snacks, pizza, macaroni and cheese, ramen noodles, etc.

## Add: 5 minutes

Say,

- We are going to call these kinds of foods “fast foods,” whether you eat them at a restaurant, get them as take-out, or heat them up at home from something frozen or already-prepared.
- How healthy do you think fast foods like these are?
- What do you think makes some fast foods not very healthy? Think back to things we’ve talked about in these lessons.

- Listen carefully, emphasizing the following concerns about fast and convenience foods, and repeating the points children make:
  - Usually high in fat or sugar and therefore high in calories, so it’s easy to eat more than our bodies need, which can lead to overweight and diseases like cancer and heart disease.
  - Few vegetables or fruits so it’s hard to fill half your plate with these.
  - Few whole grains or fiber so it’s hard to make half your grains whole.
  - Few low-fat dairy products – and instead of milk or water, fast food meals often come with sweetened drinks that have lots of sugar without nutrients we need.
  - Portions are large – especially when we can have a larger size for just a little more money, tempting us to eat more than we need.
- After children have a chance to share what they know, show them Poster 5-1 and briefly discuss any points they didn’t already raise.

POSTER 5-1: HEALTHIER FOODS - FAST

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

## Fast Food – Good Choice?

- **High fat, high sugar, high calories**
- **Few vegetables and fruits – Half plate veggies/fruits?**
- **Few whole grains, fiber, milk or other low-fat dairy**
- **Sweetened drinks**
- **Big portions**

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Say,

- Good job remembering all we learned so far!
- Let's look at portion sizes and how much is served in some fast food items.

POSTER 5-2: HEALTHIER FOODS - FAST CHOOSE HEALTH: FOOD, FUN, AND FITNESS

## Big or Small: Which Will You Choose?

**French Fries**

<b>Small</b>		<b>Large</b>
<b>220</b> calories		<b>540</b> calories
<b>2</b> teaspoons fat		<b>5</b> teaspoons fat

**Soda**

		
<b>Water</b>	<b>12-ounce Cola</b>	<b>30-ounce Cola</b>
<b>0</b> calories	<b>150</b> calories	<b>360</b> calories
<b>0</b> sugar	<b>10</b> teaspoons sugar	<b>25</b> teaspoons sugar

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- Show Poster 5-2, Big or Small: Which To Choose?
- Be prepared to remind children that calories are a measure of energy in food. If we eat more calories than we need, the energy is stored in our bodies as fat.
- Hold up a measuring teaspoon as you discuss the number of teaspoons fat and sugar in items on the poster.

Say,

- Let's look at French fries. This small order of fries has 2 teaspoons of fat and 220 calories, while the large order has 5 teaspoons of fat and 540 calories.
- If you eat the whole large order of French fries, you'll probably eat more fat than your body needs, and not be hungry for healthier foods.

- Optional: Note the calorie difference of 320 calories between a large and small order of fries.

Say,

- Now let's look at soda.
- A 12-ounce cola has 10 teaspoons of sugar and 140 calories. But a 30-ounce cola has 25 teaspoons of sugar and 360 calories!
- Just like the fries, drinking this large a soda can makes us not hungry for healthier foods.
- Even better, ask for a cup of water. No sugar, no calories, and it's usually free!

- Optional: Note the calorie difference of 360 calories in a large soda compared to zero in a cup of water.

- What other fast foods are also sold in big servings?

- Be ready to suggest/discuss other examples, like burgers, bagels, hot dogs, popcorn at movies, pizza slices, etc.

Say,

- When we do eat fast foods, we can eat healthier by choosing smaller amounts.
- We can order a small size instead of a large, or share a large order with someone else.
- We could also choose salad or fruit when it's available.
- And we can ask for water or milk instead of soda.

## Apply Part 1: 10 minutes (Blubber Burgers)

Say,

- I'm going to show you a way we can picture the amount of fat that's in different fast foods by making "Blubber Burgers"!
- The food I chose is a McDonald's Big Mac.
- I see on the card that it has 540 calories and 6 teaspoons of fat.
- Let's see what that looks like.



- Demonstrate how to make a Blubber Burger using McDonalds Big Mac as an example.
- Measure out 6 teaspoons of shortening onto a bottom bun. Use one teaspoon to scoop the shortening out of its container and a second spoon to scoop it off the first spoon.
- Don't spread the shortening, but leave it in globs on the bun. Leave the top bun off.
- Optional: Use small plates instead of buns.

Say,

- Let's look at some fast food choices you might make.
- Each of these cards represents a particular fast food.
- On each card, the calories and fat in that food are listed.
- Fat is listed in both grams and also in teaspoons. 5 grams of fat = 1 teaspoon of fat.

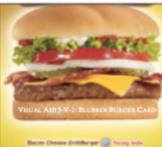
- Be prepared to explain why it takes 5 grams to make a teaspoon of fat when it only takes 4 for sugar, in case children ask. Fat is more densely packed than granulated sugar, so more can fit in a teaspoon, so it weighs more.

- Form pairs or teams:
  - For a group of 12, randomly distribute the 12 Blubber Burger Cards, cut apart from Visual Aid 5-V-1 (6 pairs, each pair from the same fast food chain) and ask children to find the other person who has a food from the same restaurant as theirs. These two will be partners.
  - For a larger group, divide children into 6 small teams, and give one pair of Blubber Burger Cards to each team.
  - For a smaller group, eliminate some pairs of Blubber Burger Cards, keeping cards of restaurants in your community and removing other pairs of cards that are less familiar to the children.

Say,

- Now it's your turn.
- Measure out the number of teaspoons of fat for your food item and place it on your bun. Do not spread it out. Today, we'll use just a half bun for each of our Blubber Burgers.
- Your food may not normally come on a bun, but go ahead and put your blubber on a bun anyway so we can see how much fat is in different foods.
- When you have measured out the fat, bring your Blubber Burgers and cards to this front table so we can all see what you've done.

- Ask children to go to stations where you've set out buns, small plates, measuring spoons, and shortening or margarine.
- Have each group make two blubber burgers from the same restaurant, one with less fat and one with more, as shown below and in Supplies.
  - McDonald's: 10-piece McNuggets / 4-piece McNuggets
  - Burger King: Large / Value-sized French Fries
  - Dairy Queen: Original Cheeseburger / ¼ Lb. Bacon Cheese Grillburger
  - Taco Bell: Cheese Quesadilla / Bean Burrito
  - Wendy's: Quarter Pound Burger with Cheese / Ultimate Chicken Grill
  - Subway: 6" Ham Sub / 6" Meatball Marinara Sub
- Tell children to scoop teaspoons of fat onto half the bun like you just demonstrated.
- Circulate and help children as needed.
- Provide paper towels, napkins, or hand-wipes to help children clean up after measuring fat.
- When they've finished measuring out the fat, have children bring their Blubber Burgers to a front display table and line them up with the Blubber Burger Card in front of the bun with fat.
- Then have each group share how much fat they measured in their two foods with the rest of the class.

<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>McDonald's® 10 Chicken McNuggets In one 10-piece order, there are: <b>460 Calories</b> <b>6 teaspoons fat (29 grams)</b></p> <p>McDonald's I'm lovin' it</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Wendy's® ¼ lb Single Hamburger® with Cheese In this burger, there are: <b>530 calories</b> <b>5 teaspoons fat (27 grams)</b></p> <p>Wendy's where the kids love to eat</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Taco Bell® Cheese Quesadilla® In this quesadilla, there are: <b>480 calories</b> <b>6 teaspoons fat (27 grams)</b></p> <p>Taco Bell</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>
<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>McDonald's® 4 Chicken McNuggets In one 4-piece order, there are: <b>190 Calories</b> <b>2 teaspoons fat (12 grams)</b></p> <p>McDonald's I'm lovin' it</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Wendy's® Ultimate Chicken Grill In this chicken sandwich, there are: <b>350 calories</b> <b>1 teaspoon fat (7 grams)</b></p> <p>Wendy's where the kids love to eat</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Taco Bell® Bean Burrito® In this burrito, there are: <b>370 calories</b> <b>2 teaspoons fat (10 grams)</b></p> <p>Taco Bell</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>
<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Subway® 6-inch Ham Sub In this 6-inch sandwich, there are: <b>290 calories</b> <b>1 teaspoon fat (4.5 grams)</b></p> <p>Subway</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Burger King® Value-Sized French Fries In this order of fries, there are: <b>220 calories</b> <b>2 teaspoons fat (11 grams)</b></p> <p>Burger King</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Dairy Queen® ¼ Pound Bacon Cheese Grillburger In this burger, there are: <b>630 calories</b> <b>7 teaspoons fat (35 grams)</b></p> <p>Dairy Queen</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>
<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Subway® 6-inch Meatball Marinara™ In this 6-inch sandwich, there are: <b>580 calories</b> <b>5 teaspoons fat (23 grams)</b></p> <p>Subway</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Burger King® Large French Fries In this order of fries, there are: <b>540 calories</b> <b>5 teaspoons fat (27 grams)</b></p> <p>Burger King</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>	<p>CHOOSE HEALTH: FOOD, FUN, AND FITNESS</p>  <p>Dairy Queen® Original Cheeseburger In this cheeseburger, there are: <b>400 calories</b> <b>4 teaspoons fat (18 grams)</b></p> <p>Dairy Queen</p> <p>VISUAL AID 5-V-1: BLUBBER BURGER CARD</p>

Say,

- Tell us about your Blubber Burgers. What were your foods and what did you find? How many teaspoons of fat did each have?
- Put your card by your Blubber Burger so we can keep these in mind as we go on to the next activity.
- Now that we've seen how much fat these foods have, let's look at ways we can make healthier fast food choices.

## Apply Part 2: 10 minutes (Choosing Healthier Fast Meals)

Say,

- Let's imagine we're going to a fast food restaurant. How can we make choices that are more healthy, or with fewer calories?

- Have children get back into their Blubber Burger groups, and pass out Visual Aid 5-V-2 Fast Food Menus – one to each group.
- Give groups the menu that corresponds to the restaurant their Blubber Burgers came from.
- Optional: Pass out sticky-note flags or dry-erase markers for children to use on menu cards to indicate their choices.

Visual Aid 5-V-2: Menu Card, 3 of 6 Wendy's (www.wendys.com)	Visual Aid 5-V-2: Menu Card, 1 of 6 McDonald's (www.mcdonalds.com)	Visual Aid 5-V-2: Menu Card, 2 of 6 Taco Bell (www.tacobell.com)	Visual Aid 5-V-2: Menu Card, 5 of 6 Subway (www.subway.com)		
Fat in teaspoons	Fat in grams	Calories	Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One					
Junior Hamburger		2	10	250	
Junior Bacon Cheeseburger		4	22	390	
Ultimate Chicken Grill Sandwich					
Crispy Chicken Sandwich					
Chicken Nuggets (4 piece)					
Sides: Choose One					
Medium-Size French Fries					
Broccoli and Cheese Baked Potato					
Garden Side Salad with CROUTONS and Light Ranch Dressing					
Garden Side Salad with CROUTONS and Classic Ranch Dressing					
Apple Slices					
Small Chocolate Frosty Shake					

Visual Aid 5-V-2: Menu Card, 4 of 6 Dairy Queen (www.dairyqueen.com)	Visual Aid 5-V-2: Menu Card, 3 of 6 Burger King (www.bk.com)				
Fat in teaspoons	Fat in grams	Calories	Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One					
Cheeseburger		4	18	400	1
Bacon Cheese GrillBurger		7	36	620	4
Crispy Chicken Sandwich		6	30	610	0
Grilled Chicken Sandwich		3	16	360	1
Hot Dog		4	18	300	3
Chili Cheese Dog		5	25	390	
Sides: Choose One					
Regular-Size French Fries		3	17	380	
Side Salad with Fat-Free Thousand Island Dressing		0	0	80	
Side Salad with Ranch Dressing		7	35	340	
Small Chocolate Shake		4	19	550	
Banana		0	0	110	

Visual Aid 5-V-2: Menu Card, 4 of 6 Burger King (www.bk.com)		
Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One		
Regular Hamburger		2 9 230
Original Whopper		7 37 650
TenderCrisp Chicken Sandwich		8 42 700
TenderGrill Chicken Sandwich		3 16 410
Chicken Strips		3 17 340
Sides: Choose One		
Medium-Size French Fries		4 18 410
Garden Salad with Cheese and Fat-Free Ranch dressing		1 4 130
Garden Salad with Cheese and Ranch dressing		5 24 260
Apple Slices		0 0 30

Say,

- As you look at these menus, what are some healthier main items you might choose to eat for a meal, lower in calories and fat?
- In addition, look at the sides to see if you can add some vegetables or fruit as part of your meal, without a lot of added fat or calories.
- Choose one main item and one side from your menu.

- Circulate and help children select healthier options that are lower in calories and fat. Have younger or special needs groups focus just on teaspoons of fat.
- Also help them to include vegetables and fruits in their meal, reminding the Taco Bell group that black beans are a vegetable as well as protein.
- Note that to simplify the menus, drinks are not included, although some dessert items are.

Say,

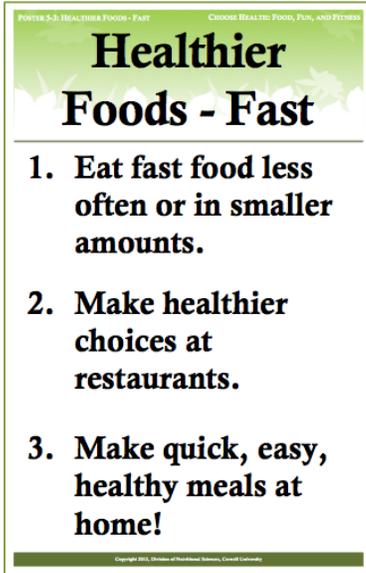
- What are some of the healthier main items you came up with?
- What about sides? What vegetables or fruits did you find? What did you notice about salad dressings?

- Discuss that regular salad dressings are often high in fat and may come in large packets. Choose a fat-free dressing or use just part of the packet to be healthier.
- Remind all the children that black beans, re-fried beans, and the like, can count as a vegetable.

Say,

- Any time you make a choice with fewer calories and fat, or with more vegetables and fruits, the meal becomes healthier.
- If you want to know about foods from other restaurants, you can ask for their Nutrition Facts, or search on-line.
- To picture the number of teaspoons of fat in any product, divide the fat grams on the label by 5.

## Away and Goal-Setting: 5 minutes



- Show Poster 5-3 to reinforce three ways to eat healthier foods fast.

Say,

- So far we've talked about two ways to eat healthier food fast.
  - We can eat fast foods less often or in smaller amounts.
  - We can make healthier choices at fast food restaurants.
- A third way to eat healthy but still fast is to learn how to make quick, easy, and healthy meals at home.
- For example, pasta with vegetables and cheese, or rice and beans with broccoli, are quick, healthy and tasty meals to make at home.
- Or you can get more creative. We'll show you a fast, healthy recipe in a few minutes.

- Show Poster 5-4 Take a Healthy Step, pass out Handout 5-1 Family Newsletter, and read Healthy Step choices.

Say,

- What’s one way you could take a Healthy Step this week – even when you are really busy and need something to eat fast?

**Take a Healthy Step!**

**Choose one action you’ll take in the coming week.**

When I eat out, I will:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: \_\_\_\_\_

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**Take a Healthy Step!**  
Choose one action you'll take in the coming week.

When I eat out:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!
- I will:
- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: \_\_\_\_\_

**Broccoli Black Bean Quesadilla**

**Ingredients:**  
 1 cup cooked black beans (1/2 can)  
 1/2 cup salsa  
 1 cup grated low-fat cheese (4 ounces)  
 1 cup cooked broccoli  
 Cooking spray  
 4 8-inch whole wheat tortillas

**Instructions:**  
 1. Mash beans in a large mixing bowl.  
 2. Drain salsa and add to beans.  
 3. Grate cheese and add to beans.  
 4. Chop broccoli and add to beans.  
 5. Cook pan with cooking spray.  
 6. Lay tortilla flat on plate. Fill half tortilla with 1/2 of the bean mixture. Fold other half over mixture.  
 7. Place folded tortilla in pan and cook 3-4 minutes or until lightly browned.  
 8. Flip and cook second half.  
 9. Remove from pan and cut in half.  
 Repeat with remaining tortillas.

**Yield:** 8 servings (half tortilla each)  
**Source:** GEF 742009 (Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2011)

**Nutrition Facts**  
 Serving Size 1 (one 1/2 tortilla)  
 Servings Per Recipe 8  
 Amount Per Serving  
 Calories 120 Calories from Fat 40  
 % Daily Value\*  
 Total Fat 4.5g 9%  
 Saturated Fat 2g 4%  
 Cholesterol 10mg 2%  
 Sodium 220mg 10%  
 Total Carbohydrate 14g 3%  
 Dietary Fiber 5g 8%  
 Sugar 1g  
 Protein 2g  
 Vitamin A 2% Vitamin C 20%

- Have children choose a goal or write in their own on the Family Newsletter.
- Remind them to take home the Family Newsletter and share their goals with their families.

**Bridge to Lesson 6: 2 minutes**

Say,

- A meal that’s often one we need to grab and go is breakfast. Next week, we’ll talk about all kinds of healthy foods we can choose for breakfast!

**Active Closing Games: 10 minutes**

- Play “Fast Food Relay” and “Dragon’s Tail” with the children.

**Food Prep: 10-20 minutes**

- Make either Broccoli Black Bean Quesadilla or Tortilla Roll-Ups with the children, and serve some as a snack.
- Encourage children to read the Nutrition Facts Labels on whole wheat tortillas, beans, and other ingredients to review earlier lessons in reading labels, identifying whole grains, etc.

# Broccoli Black Bean Quesadillas

**Ingredients:**

- 1 cup cooked black beans (half a 15-oz can)
- ¼ cup salsa
- 1 cup grated low-fat cheese (4 ounces)
- 1 cup cooked broccoli
- Cooking spray
- 4 8-inch whole wheat tortillas



**Instructions:**

1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ of the bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3-4 minutes or until lightly browned. Flip and cook second half.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

**Yield:** 8 servings (half tortilla each)    Optional: Omit beans

**Source:** GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

Nutrition Facts		
Serving Size 1 piece (1/2 tortilla)		
Servings Per Recipe 8		
Amount Per Serving		
Calories	130	Calories from Fat 40
% Daily Value *		
<b>Total Fat</b>	<b>4.5g</b>	7%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Cholesterol</b>	<b>10mg</b>	3%
<b>Sodium</b>	<b>230mg</b>	10%
<b>Total Carbohydrate</b>	<b>14g</b>	5%
Dietary Fiber	2g	8%
Sugars	1g	
<b>Protein</b>	<b>7g</b>	
Vitamin A	8%	Vitamin C 20%
Calcium	10%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
31% calories from fat		

Nutrition Facts		
Serving Size: Half Tortilla		
Servings Per Recipe: 12		
Amount Per Serving		
Calories	140	Calories from Fat 40
% Daily Value *		
<b>Total Fat</b>	<b>4.5g</b>	7%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	0%
<b>Sodium</b>	<b>290mg</b>	12%
<b>Total Carbohydrate</b>	<b>17g</b>	6%
Dietary Fiber	3g	12%
Sugars	1g	
<b>Protein</b>	<b>6g</b>	
Vitamin A	2%	Vitamin C 8%
Calcium	4%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
29% calories from fat		

# Tortilla Roll-Ups

**Ingredients:**

- 6 large whole wheat flour tortillas
- 1 cup grated low fat cheddar cheese (4 oz.)
- 1 cup mild salsa (8 oz.)
- 1 cup black beans, drained (1/2 can)
- 1 avocado, mashed (optional)



**Instructions:**

1. Put the tortillas on a plate, cover with paper towel, and microwave on High for 1 minute (optional).
2. Mix cheese, salsa, and black beans.
3. Spread a thin layer of mixture on each tortilla.
4. Top with a spoonful of avocado (optional).
5. Roll up, cut in half and eat.

**Yield:** 12 servings (1/2 tortilla each)

**Source:** Linda Earley, Cornell Cooperative Extension of Columbia County



## 5-3 Fast Food Relay

<b>Equipment</b>	<ul style="list-style-type: none"> <li>• Visual Aid 5-V-1 Blubber Burger Cards (13 cards)</li> <li>• Visual Aid 5-V-3 Fast Food Relay Cards (15 cards)</li> </ul>
<b>Set Up</b>	<ul style="list-style-type: none"> <li>• Create a start/finish line in a space large enough for a relay race.</li> <li>• At end of space opposite start/finish line for each team, spread out all the fast food cards (Blubber Burger and Relay Cards, which both show teaspoons fat.)</li> <li>• Divide group into teams of no more than 4-5 children and have teams line up.</li> </ul>
<b>How to Play</b>	<p>Say,</p> <ul style="list-style-type: none"> <li>• When I say go, the first person from each team will run to the pile of fast food cards, choose one, and run back. Then the next person will go, until everyone on your team has had a turn.</li> <li>• Each card shows how many teaspoons of fat are in the fast food item.</li> <li>• The goal is to pick lower fat food items, but also to be fast, so pick quickly.</li> <li>• The team that finishes first gets 1 point, and the team that chooses the lowest amount of total fat gets 2 points.</li> <li>• The winner is the healthiest team – the team with the most points.</li> </ul>
<b>For Young Children</b>	<ul style="list-style-type: none"> <li>• Be ready to help kids add up the teaspoons of fat on their teams' collections of cards.</li> </ul>
<b>In a Small Space</b>	<ul style="list-style-type: none"> <li>• Place cards closer; have children walk heel-toe rather than run.</li> </ul>
<b>Source</b>	<i>Healthy Children, Healthy Families Curriculum, CHANCE, Cornell University, 2009.</i>

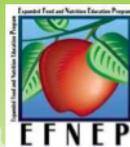


## 5-4 Dragon's Tail

<b>Equipment</b>	<ul style="list-style-type: none"> <li>• 1 bandana per child</li> <li>• Boundary markers</li> </ul>
<b>Set Up</b>	<ul style="list-style-type: none"> <li>• Ask children to tuck their bandana into a back pocket or waistband so it hangs out like a tail, and scatter within boundaries.</li> </ul>
<b>How to Play</b>	<p>Say,</p> <ul style="list-style-type: none"> <li>• Everyone's "It"!</li> <li>• When I say go, try to grab someone else's tail – without letting anyone grab yours.</li> <li>• When you grab a tail, put it on the ground, say the person's name, and "I've got your tail!"</li> <li>• If your tail is grabbed, pick it up, go outside the boundary and do 11 elbow-to-knee crunches (or some other re-entry task), then re-join the game.</li> </ul>
<b>Up the Challenge</b>	<ul style="list-style-type: none"> <li>• Have groups of 5-8 form a dragon by hanging on to the waist of the person in front of them, and give the last one a "tail." The "head" tries to catch the tail of their own dragon, then becoming the tail, or of other dragons (2 ways to play).</li> </ul>
<b>Source</b>	Used with permission from the CATCH program, licensed by Flighthouse Inc and the Board of Regents, University of California at San Diego.



Cornell University  
Cooperative Extension



# Healthier Foods – Fast!

## Take a Healthy Step!

Choose one action you'll take in the coming week.

When I eat out:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: \_\_\_\_\_

\_\_\_\_\_

## Eat Healthy Even When You Eat Fast!

We all have times when we need a meal fast, but fast food meals are usually high in calories and fat, large in size, and have few vegetables or whole grains. What can we do instead? Luckily we have lots of choices:

- Choose lower-fat items from the menu (ask for their nutrition information!)
- Choose a small size or share an order
- Include a salad or other vegetable, or bring your own baby carrots!
- Ask for a cup of water instead of soda – it's usually free. Or choose milk.
- Make quick, easy meals at home – try these recipes!



## Broccoli Black Bean Quesadilla

### Ingredients:

- 1 cup cooked black beans (half a 15-oz can)
- ¼ cup salsa
- 1 cup grated low-fat cheese (4 ounces)
- 1 cup cooked broccoli
- Cooking spray
- 4 8-inch whole wheat tortillas

### Instructions:

1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ of the bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3-4 minutes or until lightly browned. Flip and cook second half.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

**Yield:** 8 servings (half tortilla each)

**Source:** *GET FRESH!* Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.



### Nutrition Facts

Serving Size 1 piece (1/2 tortilla)

Servings Per Recipe 8

Amount Per Serving

Calories 130    Calories from Fat 40

% Daily Value \*

**Total Fat 4.5g** 7%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 230mg** 10%

**Total Carbohydrate 14g** 5%

Dietary Fiber 2g 8%

Sugars 1g

**Protein 7g**

Vitamin A 8%    Vitamin C 20%

Calcium 10%    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

31% calories from fat

## Choose Healthy Family Activities!

To get as much activity as we need – **60 minutes a day for kids and 30 minutes a day for adults** – we often need to ‘sneak’ active play into our schedule. But here’s the good news! Sneaking in 5 minutes here, 10 minutes there – it all adds up! And still more good news? Playing and being active together is great family time! You’ll all move, feel good, and laugh. What better recipe could there be for a healthy and happy family?

### “Dragon’s Tail”

Everyone sticks one end of a bandana or sock into his or her back pocket or waistband to make a “tail.” When someone says "Go!" protect your tail while trying to grab everyone else’s tail! If your tail gets pulled out, do 10 jumping jacks, replace your tail, then re-join the game!

### “Slow-Poke Copy Cat”

Stand face-to-face with your child and ask him or her to copy your movements as if looking into a mirror. Lead a series of slow stretches such as:

- Tip ear to shoulder, each side
- Shoulder circles, forward then backward
- Bend at waist to touch both toes
- Stretch arms over head, lean to each side
- Touch opposite hand to toes
- Twist at waist to look behind, both sides



## Tortilla Roll-Ups

### Ingredients:

- 6 large whole wheat flour tortillas
- 1 cup grated low fat cheddar cheese (4 oz.)
- 1 cup mild salsa (8 oz.)
- 1 cup black beans, drained (1/2 can)
- 1 avocado, mashed (optional)



### Instructions:

1. Put the tortillas on a plate, cover with paper towel, and microwave on High for 1 minute (optional).
2. Mix cheese, salsa, and black beans.
3. Spread a thin layer of mixture on each tortilla.
4. Top with a spoonful of avocado (optional).
5. Roll up, cut in half and eat.

**Yield:** 12 servings (1/2 tortilla each)

**Source:** Linda Earley, Cornell Cooperative Extension of Columbia County

Nutrition Facts	
Serving Size	Half Tortilla
Servings Per Recipe	12
Amount Per Serving	
Calories	140
Calories from Fat	40
% Daily Value *	
<b>Total Fat</b>	<b>4.5g</b> 7%
Saturated Fat	1g 5%
Trans Fat	0g
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