



Lesson 2:

Eating Out and Eating In – Go Lean With Protein

Lesson Highlights

Objectives

Students will:

- Identify foods in the meat and beans group.
- Analyze food choices from fast food restaurants, choosing lower fat alternatives.

Curriculum Connections:

Math, Language arts, Health

Student Skills Developed:

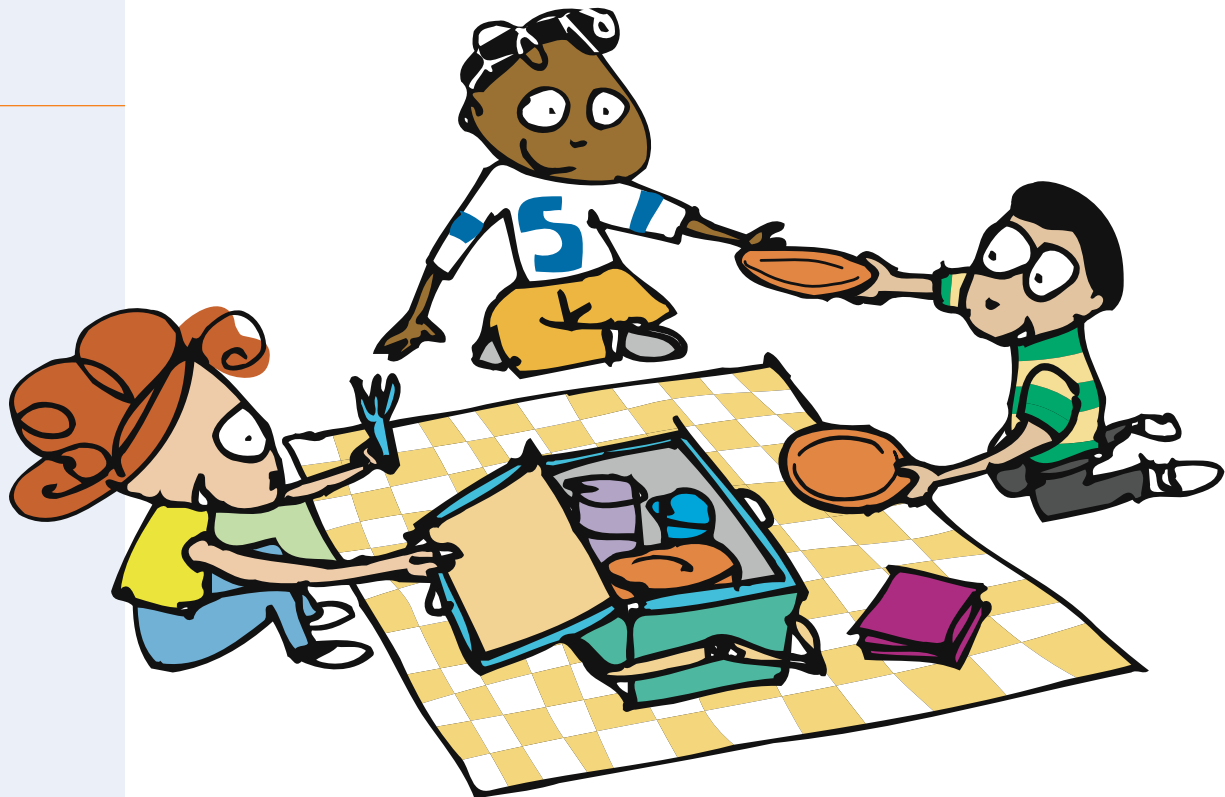
- Using viewing skills and strategies to understand and interpret visual media
- Reading and interpreting data from charts
- Recording data

Materials:

- *Where's the Fat?* worksheet for each student
- Computers with Internet access

Getting Started:

- Ask several students to share what they ate for dinner yesterday. Let several students respond. Point out that many students started by naming a food that is a member of the meat and beans group – chicken, hamburger, fish.
- Tell students that these are foods that contain protein. Challenge students to list as many foods as they can from this food group.
- Did students list the plant foods that are part of this group – dry peas and beans? (*black beans, chickpeas, falafel, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, tofu, white beans*) Nuts and seeds? (*almonds, cashews, hazelnuts, mixed nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts*) Peanuts and peanut butter? Point out that these foods are staples in many cultures.
- Tell students that all these foods include protein. Scientists sometimes call protein the building block for bones, muscles, cartilage, skin, and blood.
- Point out that most people get enough of these foods. One of the challenges is in choosing foods from this group that are lower in fat.



Activity: **Where's the Fat?**

- Hand out the *Where's the Fat?* worksheet. Tell students that it includes information about fat found in many meat and bean foods. Point out that while they probably don't decide what their family is going to eat for dinner, students may select what they eat when their family eats out. Some of their favorite meat and bean foods may be very high in fat.
- Tell students that nearly all chain restaurants have nutrition information available. They can ask for information before they make their choice.
- Have students answer the questions at the bottom of the worksheet. Working in groups, have them list at least three ways they can make lowfat choices.

Group Activity: **MyPyramid Plan**

Have students visit *MyPyramid.gov*. Using the instructions on the site, have students determine their own *MyPyramid Plan*, entering their individual age, sex, and activity level. Then have them print out their own *MyPyramid* worksheet.

Extension Activity:

Many chain restaurants provide nutrition information for all the foods on their menus. This information is usually available online or at the restaurants. Have students collect this information from the chain restaurants where they eat.

Divide students into groups. Each group will have nutrition information from one restaurant. Have each group prepare a short presentation to the class on smart choices from that restaurant's menu.



Lunchroom Link:

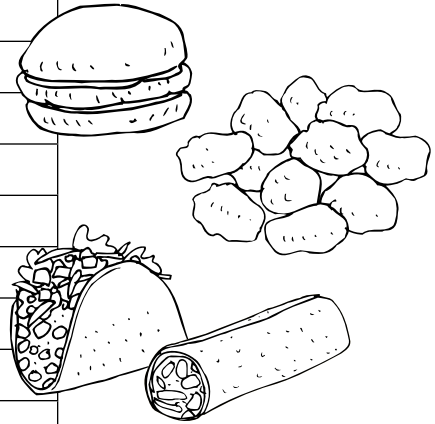
Have students review the lunch menu. Find all the protein choices, including proteins from plant foods. Encourage them to make signs that highlight the lean protein choices to advertise to other students.

Name: _____

Where's the Fat?

Popular Fast Foods

Food	Total Fat (grams)
Hamburger	9
Quarter-pound hamburger	18
Fried fish filet sandwich	18
Crispy fried chicken	23
Chicken nuggets (10 pieces)	24
Beef soft taco without cheese	8
Beef taco, regular style, without cheese	7
Bean burrito, no cheese	8
Taco salad with ground beef, no cheese	39



1. How many grams of total fat are in a quarter-pound hamburger? _____

2. How many grams of total fat are in a regular hamburger? _____

3. Circle the food with less fat:

Taco salad OR Beef soft taco

Bean burrito OR Fried fish filet sandwich

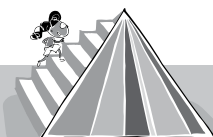
Crispy fried chicken OR Hamburger

4. List three ways you can make lowfat choices when you're eating out.

1. _____

2. _____

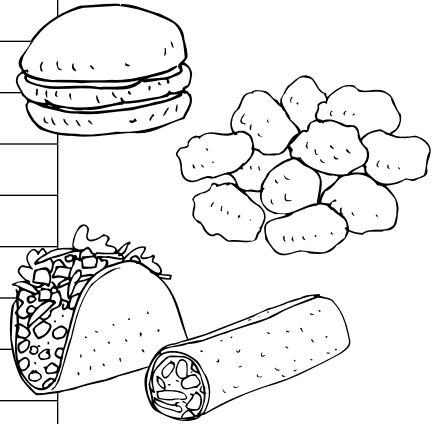
3. _____



Where's the Fat? Answer Key

Popular Fast Foods

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1. How many grams of total fat are in a quarter-pound hamburger? **Answer: 18 grams**

2. How many grams of total fat are in a regular hamburger? **Answer: 9 grams**

3. Circle the food with less fat:

Taco salad

OR

Beef soft taco**Bean burrito**

OR

Fried fish filet sandwich

Crispy fried chicken

OR

Hamburger

4. List three ways you can make lowfat choices when you're eating out.

1. Choose grilled (*not fried*)
2. Choose the smaller size (*hamburger versus the quarter-pound hamburger*)
3. Look at nutrition information provided by the restaurant before making your selection.

