

## **BE INFORMED, BE HEALTHY**

Read menu labels and make healthier choices.

### **Fast Food Challenge Lesson Plan**

**Topic:**

Fast Food Challenge Pilot Program: a simple and interactive way to teach individuals about daily calorie needs and the calorie content in fast food. This program coincides with the new King County menu labeling legislation.

**Background:**

More than 9 million US children and adolescents are obese, and just as many are at risk of becoming obese (1). Consumption of fast food by children has risen from 2% of total calories to 10% of calories (2). People who eat fast food have a greater calories intake than those who do not. This game was developed in collaboration between Public Health Seattle & King County and Seattle Public Schools.

**Goal:**

Increase youth awareness and knowledge about daily caloric intake and how fast foods contribute to overall needs.

**Learner objectives to be evaluated:**

By the end of the session, students will recognize daily calorie requirements, and select at least one meal at the appropriate caloric requirements.

**Target audience:** Fourth Grade classes

**Session duration:** 45-60 minutes

Education Program Objectives Lesson Plan

Content	Methods of Presentation	Time Allotted	Learner Activities	Materials & Resources	Key Speaking Points
Introduce Speaker	Lecture	30 sec	Listen	Name Tag Whiteboard	N/A
Introduce Topic	Lecture	3-5 min	Listen	NA	State goal of the session.  Ask students to share what they like about going out to eat.
Background Discussion: Calorie Fundamentals	Facilitated discussion	5-10 min	Listen Participate Interact	Whiteboard Markers Handouts	Ask students if they've noticed calories in fast food restaurants. Talk about calorie content on menus and on drive thru menus.
Group Activity	Facilitated discussion	7-10 min	Listen Participate Interact	Whiteboard Markers Handouts	Pass out one food card to each student.  Ask students to think of some fast foods they enjoy. Write a few on the board.  Ask the students to look at their card, and whoever has the selected food item will call out the calories.  Write calories on the board and total the calories.  Have the group identify their age group.  Explain the differences between boy/girl requirements & importance to eat 1/3 calories per meal.  Evaluate if meal selections meet calorie criteria.
Individual Activity (Pairs or groups of 3)	Game	10-15 min	Participate Interact	Game Packets	Have students work in pairs or groups of 3. Students are to utilize the food cards and worksheets to come up with one meal combination per person in the group and write it down on the Fast Food Challenge worksheet. Students should utilize basic addition to determine meal totals. Ask them to identify if their meal choices "win" or "lose" according to the recommended 1/3 calorie limit. Each group should be able to come up with at least one meal offering meeting their targets. Offer assistance as needed.

Education Program Objectives Lesson Plan

Review	Lecture Facilitated discussion	3-5 min	Listen Participate	Whiteboard Markers	Have students share meal combinations. Write “winning” combinations on the whiteboard.
Conclusion	Lecture	2-3 min	Listen	N/A	Everyone is different.  Remember that a meal should be about 1/3 calories.  Calories can be found in restaurants.  Use this information to make choices about meals away from home.
Q&A	Q&A, Facilitated discussion	3-5 min	Listen Participate	N/A	N/A

Resources:

- 1.) Davis & Carpenter. *Proximity of Fast-Food Restaurants to Schools and Adolescent Obesity*. American Journal of Public Health. 2009 Mar: 99(3): 505-510.
- 2.) Institute of Medicine. *Childhood obesity in the United States: Facts and Figures*. September 2004.
- 3.) Guthrie JF, Lin SH, Freseo E. *Role of Food Prepared Away From Home in the American Diet, 1977-78 versus 1994-95: Changes and Consequences*. J Nutr Educ Behav. 2002 May-Jun:34(3): 140-150.
- 4.) Public Health Seattle & King County. *Be Informed Be Healthy Education Campaign: Nutrition Education Toolkit*. 2009.  
<http://www.kingcounty.gov/healthservices/health/nutrition/healthyeating/menu/campaign.aspx>