

Choose the Best and Leave the Rest!

Tortilla Chips

Baked Tortilla Chips

1. The number of calories in a serving of each product is:

Tortilla Chips _____
Baked Tortilla Chips _____

2. The serving size for each product is:

Tortilla Chips _____
Baked Tortilla Chips _____

3. Which product has more calories from fat?

Tortilla Chips _____
Baked Tortilla Chips _____

4. The serving size for salsa is _____
If you added this to the chips, how many calories
will you add?

Classified Ads

Business Opportunity: Restaurant in new community health and recreation center. Excellent location. High-traffic area.

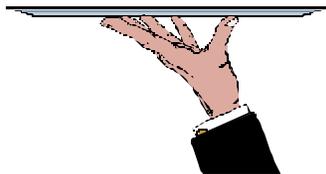
Looking for a small group of owners with fresh, creative ideas and menus that will appeal to health-conscious consumers. Must believe in “good food for good health”. Must be able to plan menus that match the Dietary Guidelines. Interested parties must submit applications by _____.

Owner/employee benefits include: use of swimming pool, track, basketball, volleyball, racquetball and tennis courts, dance studio and other facilities at no cost.

Interested parties must submit the applications with:

- ? restaurant name
- ? sample menu showing menu items (include a breakfast menu and a lunch/dinner menu with appetizers, light entrees/main dishes, salads, sides, desserts and beverages)
- ? nutrition statement about menu items for customers
- ? art for outside of menu cover
- ? any menu tips/healthy habits to help the customer

Applications must be submitted in a portfolio format and turned in no later than _____.



Adapted from the Dietary Guidelines and Your Diet Teacher's Guide. USDA, February, 1988.

Tips for Eating Out That Don't Cost A Dime!

Tips for reducing calories:

Tips for reducing sodium:

Tips for reducing fat:

Tips for reducing sugar:

Tips That I Would Use:



Stake Your Claim!



Food manufacturers are now required to meet specific definitions for all claims made on the label. These nutrient content claims are based on one serving of the food. For example, a calorie-free food has less than 3 calories per serving. Here is a summary of the nutrient content claims and their definitions:

Nutrient Content Claim

Definition

Calories

Calorie free	less than 5 calories
Low calorie	40 calories or less
Reduced or fewer calories	at least 25% fewer calories*
Light or lite	one-third fewer calories or 50% less fat*

Sugar

Sugar free	less than 0.5 gram sugars
Reduced sugar or less sugar	at least 25% less sugars*
No added sugar	no sugars added during processing or packing, including ingredients that contain sugars, such as fruit juice or dry fruit

Fat

Fat free	less than 0.5 gram fat
Low fat	3 grams or less of fat
Reduced or less fat	at least 25% less fat*
Light	one-third fewer calories or 50% less fat*

Saturated Fat

Saturated fat free	less than 0.5 gram saturated fat
Low saturated fat	1 gram or less saturated fat and no more than 15% of calories from saturated fat
Reduced or less saturated fat	at least 25% less saturated fat*

Cholesterol

Cholesterol free	less than 2 milligrams cholesterol and 2 grams or less saturated fat
Low cholesterol	20 milligrams or less cholesterol and 2 Grams of less of saturated fat
Reduced or less cholesterol	at least 25% less cholesterol* and 2 grams or less saturated fat

Sodium

Sodium free	less than 5 milligrams sodium
Very low sodium	35 milligrams or less sodium
Low sodium	140 milligrams or less sodium
Reduced or less sodium	at least 25% less sodium*
Light in sodium	50% less

Fiber

High fiber	5 grams or more
Good sources of fiber	2.5 to 4.9 grams
More or added fiber	at least 2.5 grams more*

Other Claims

High, rich in, excellent source of	20% or more of Daily Value*
Good source, contains, provides	10% to 19% of Daily Value*
More, enriched, fortified, added	10% or more of Daily Value*
Lean**	less than 10 grams fat, 4.5 grams or less saturated fat, and 95 milligrams cholesterol
Extra lean**	less than 5 grams fat, 2 grams saturated fat and 95 milligrams cholesterol

* as compared with a standard serving size of the traditional food

** on meat, poultry, seafood, and game meats

Snack Attack

Plans for Healthy Snacking

Name _____

Directions: For each of the situations listed below, offer at least 3 suggestions for snacking that follow the guidelines for healthy snacking discussed in class. Also, consider how to package snacks to make them easy to pack.

1. **The Smith Family** – Rob and Katie Smith are planning a road trip to the Black Hills of South Dakota for this year’s family vacation. They plan on saving money by packing food for snacks and meals. The Smith’s have 2 children, Emily, age 5 and Patrick, age 3. They want to keep the car reasonably clean and therefore, avoid sticky foods. They have a small cooler for the car to pack with snacks.

Your suggestions:

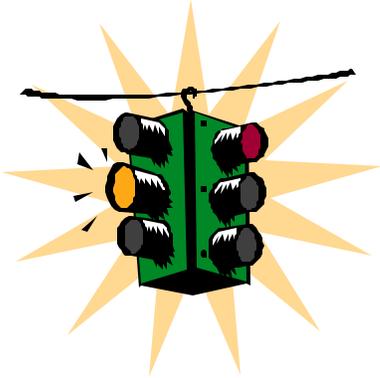
2. **Meghan Moore** – Megan Moore is 16 and on the high school volleyball team. She has practice everyday at 4:30 p.m. after the JV team finishes their practice. After school, she studies in the library or hangs out with friends until practice. Meghan is usually hungry when school gets out and wants to bring some snacks with her in her backpack to eat after school.

Your suggestions:

3. **Linda and Derek Jones** – Linda Jones is a single mom who works as a receptionist at the local real estate office. Her son, Derek, is 13. After school, he comes home and works on homework or at his computer until his mom gets home at 5:15 p.m. Linda often gets hungry mid morning and mid afternoon. She walks in the morning every day before work and again after supper but she is watching her weight. Derek is always very hungry when he gets home from school but Linda doesn’t want him to spoil his appetite before supper.

Your suggestions:

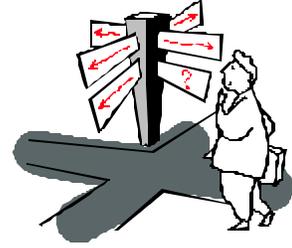
Life in the Fast Lane



"Yield" to the Right Choices

1. Reduce fats, saturated fats and cholesterol

- ? **Choose plain burgers and sandwiches**
- ? **Leave off the sauce, mayo, cheese & bacon**
- ? **Avoid fried foods – French fries, onion rings, cheese sticks**
- ? **Select broiled or grilled instead of fried**
- ? **Drink water or lowfat milk instead of pop**
- ? **Order tacos on a plain soft tortilla**
- ? **Skip croissants & biscuits**
- ? **Eat raw veggies and salads with no dressing**
- ? **Choose small portions**
- ? **Skip dessert**



2. Limit Sugar

- ? Use less ketchup, relish, jelly, honey, BBQ sauce, etc.**
- ? Choose fresh fruit at the salad bar**
- ? Avoid pop, choose milk or water instead**
- ? Skip dessert**

3. Limit Sodium

- ? No pickles**
- ? Limit salad dressings, use a lemon wedge instead**
- ? Limit sausage, ham, bacon & biscuits**
- ? Ask for fries without salt**
- ? Use salt sparingly**
- ? Limit cheese**

4. Increase fiber

- ? Choose fresh fruits & veggies**
- ? Select sandwiches with tomato & lettuce**
- ? Choose whole grain buns**
- ? Eat baked potatoes with skins**
- ? Choose foods which include beans**

It's As Easy As A-B-C!

Name _____

Directions: For each of the Dietary Guidelines, complete the chart identifying what you are currently doing to meet that guideline or could change in your lifestyle to meet that guideline.

Dietary Guideline	What I Am Currently Doing to Meet this Guideline?	What Changes Could I Make in My Lifestyle to Meet this Guideline
Aim for a healthy weight		
Be physically active each day		
Let the Food Guide Pyramid guide my food choices		
Choose a variety of grains daily, especially whole grains		
Choose a variety of fruits and vegetables daily		
Keep food safe to eat		
Choose a diet low in saturated fat & cholesterol & moderate in total fat		
Choose beverages & foods to moderate intake of sugars		
Choose and prepare foods with less salt		
You are not old enough to legally drink alcoholic beverages!		

How Does Your Diet Rate?

Name _____

Directions: Complete the steps below as directed to determine how your diet matches with the recommendations of the Food Guide Pyramid.

Step 1. Food Log

List all of the foods that you had to eat yesterday (be sure to include snacks, condiments, glasses of water, etc.) and the approximate serving size for each.

<u>Foods I Ate Yesterday</u>	<u>Size of Serving</u>	<u>Grams of Fat</u>
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Step 2. Using references provided by your teacher, identify the number of grams of fat in each food. Add to the food log above.

Step 3. Answer these questions:

1. Did you have the number of servings from the Food Guide Pyramid that are right for you? (refer to Food Guide Pyramid reference)

	<u>Circle the Servings Right For You</u>	<u>Servings You Had</u>
Grain Group Servings	6 7 8 9 10 11	_____
Vegetable Group Servings	3 4 5	_____
Fruit Group Servings	2 3 4	_____
Milk Group Servings	2 3	_____
Meat Group (ounces)	5 6 7	_____

2. Add up your grams of fat listed on the Food Log.

	<u>Grams Right for You</u>	<u>Grams You Had</u>
Fat	53 73 93	_____

3. Estimate the amount of added sugars you ate. (sugar, pop, desserts, ketchup, etc.)

	<u>Teaspoons Right for You</u>	<u>Teaspoons You Had</u>
Sugars	6 12 18	_____

Step 4. What changes could you make for a healthier diet? List 3 things you could do to improve. Start by making small changes, such as switching to lowfat salad dressings or adding an extra serving of vegetables by having a small bag of carrots for a snack.

Health and Recreation Center Application Form

Applicants' Names: _____

Restaurant Name: _____

Date: _____

Sample Menu

Fast Food Frenzy

How Do They Compare?

Name _____

Directions: Visit *The Real Truth About Fast Food* ThinkQuest which can be accessed at www.thinkquest.org/library/winners.html?year=1998&contest_id=2 and answer the following questions?

Burgers

1. Which of the burgers listed is the lowest in calories and how many calories does it have?
2. Which of the burgers is the highest in calories and how many calories does it have?
3. Which of the burgers has the most total fat and how many grams of fat does it have?
4. Which of the burgers has the least total fat and how many grams of fat does it have?

Fries/Baked Potatoes

5. Ann wants to watch calories. Should she order a baked potato with sour cream and chives or large French fries?
6. If Ann orders a plain baked potato, click on the Wendy's site and find out many calories she saved?

- | | Calories |
|--|----------|
| a. Baked Potato with Sour Cream & chives | _____ |
| b. Plain Baked Potato (10oz) | _____ |
| c. Calories saved | _____ |

Salads

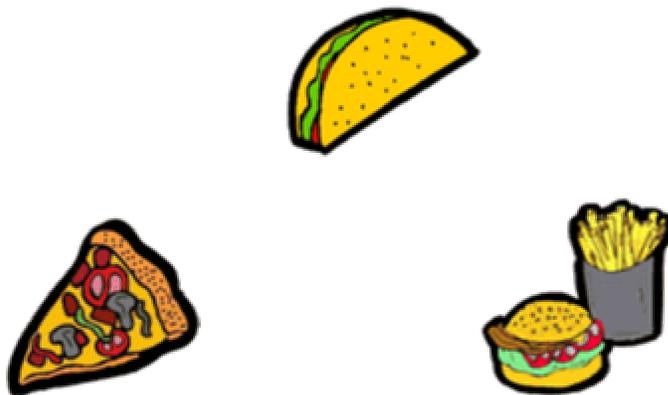
7. Ann orders a garden salad at McDonald's. How many calories in the salad?
8. Should she add the Ranch Dressing? Why or why not?

The Big Question: Based on what you have learned about nutrition and the Food Guide Pyramid, what are three things you could do when eating at fast food restaurant to make healthy choices?

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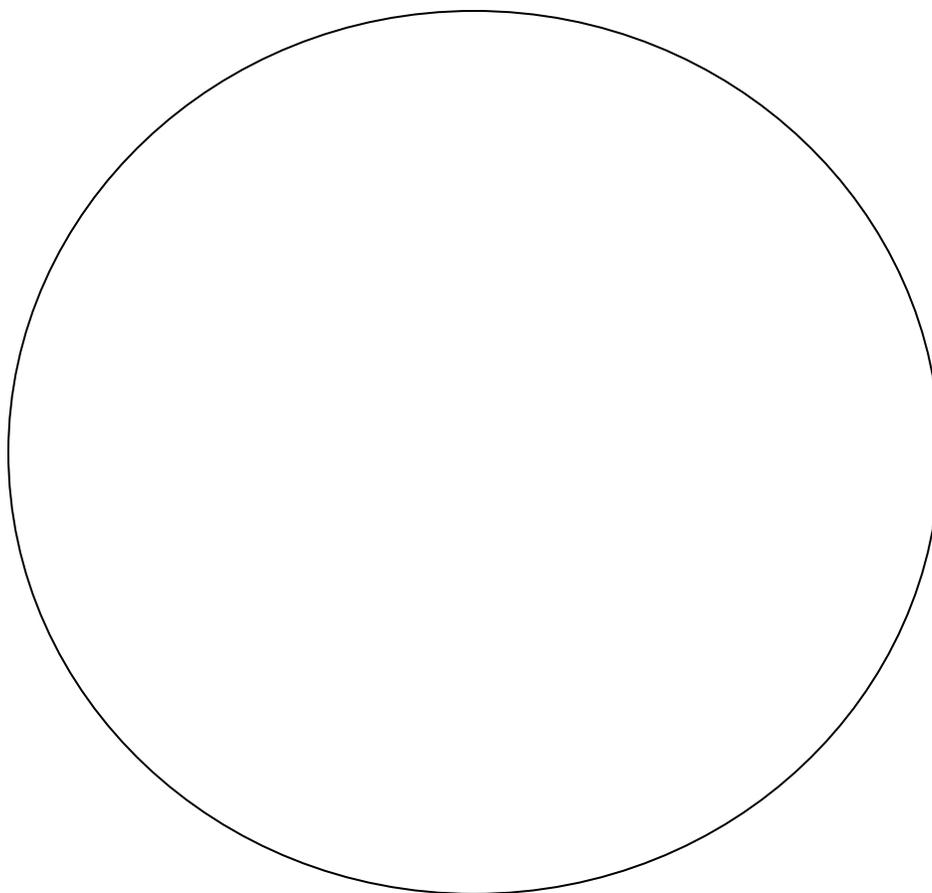


Your Favorite Fast Food Meal

Directions : Choose your favorite fast food restaurant from the list provided at the website. In the “plate” below, write out the foods you usually choose when eating at this fast food restaurant.

My fast food restaurant choice is _____.

Menu



FACT or FICTION?

1. All fast foods are “junk” foods.
2. Many fast-food menu items are high in sodium.
3. Fried fish and chicken sandwiches are lower in fat than hamburgers
4. Salad bar selections provide more nutrients and fewer calories than other restaurant entrees.
5. Many restaurants serve portions much larger than the recommended serving sizes from the Food Guide Pyramid.
6. Vegetables are always a good low-calorie menu choice.
7. Croissants and biscuits are much higher in fat than other bread choices.
8. Salad dressings are often high in sodium and fat as well as calories.
9. Catsup, mustard and pickles are good low-sodium, low-fat condiment choices.
10. Unlike health claims on food labels, claims on menu items are not regulated by the FDA.

Dietary Guidelines For Americans

Easy as A - B - C!

A

B

C

Diet Designer

Name _____

Your Mom has asked you to assist her with the meal planning this week. She is going to be out of town on Thursday and she wants you to plan the meals for Thursday for you, your sister and your Dad that day. You will be responsible for preparing the meals including packing a sack lunch for each of you.

As you “design” this daily meal plan, consider the Food Guide Pyramid, as well as the other considerations for meal planning discussed in class. Write out your meal plan in the table below and indicate the servings from the Food Guide Pyramid that would be provided by your choices.

Meal Plan	Grains 6-11 Servings	Vegetables 3-5 Servings	Fruits 2-4 Servings	Dairy 2-3 Servings	Meat 2-3 Servings	Extras Eat Sparingly
B R E A K F A S T						
L U N C H						
D I N N E R						
S N A C K S						

What's The Problem?

Name _____

Directions: Read each scenario described below. If the scenario requires no changes, check "No Problem!". If the scenario presents an unsafe kitchen practice, suggest what should be done to address the problem.

1. Rick is making a pizza for supper. The timer goes off; Rick grabs a kitchen towel to remove the pizza from the oven.

_____ No Problem!

_____ There's a problem here! Rick should:

2. Amy loves a toasted bagel with cream cheese for breakfast. She likes to wait for them to cool slightly before using a fork to remove the bagel from the toaster.

_____ No Problem!

_____ There's a problem here! Amy should:

3. Tim uses cleanser to clean the sink after washing dishes. He puts the cleanser under the sink and locks the safety latch on the door.

_____ No Problem!

_____ There's a problem here! Tim should:

4. Emily wants to add some sliced onion to the salad she is making. She holds the onion in her hand and cuts toward her to slice off the onion.

_____ No Problem!

_____ There's a problem here! Emily should:

5. While Paul is frying some hamburger for chili, a small fire breaks out. Paul quickly gets a glass of water to put out the fire.

_____ No Problem!

_____ There's a problem here! Paul should:

6. Jose broke a measuring cup while preparing muffins for his family. He cleaned it up with a dishcloth to protect his hands.

_____ No Problem!

_____ There's a problem here! Jose should:

7. Kareesha just finished using the kitchen mixer in preparing a cake mix. She pulls on the cord to unplug it with her wet hands.

_____ No Problem!

_____ There's a problem here! Kareesha should:

8. Ned is boiling water to make macaroni and cheese. He keeps the handle of the pan facing the front of the stove so it will be easy to remove when it is time to drain the macaroni.

_____ No Problem!

_____ There's a problem here! Ned should:

9. Jamie is picking out a new kitchen rug as a gift for her Mom. She chooses one with a non-skid backing.

_____ No Problem!

_____ There's a problem here! Jamie should:

10. Katie and Keith are cleaning up after their family's supper. Katie drops the paring knife into the dishwasher as she cleans off the counter.

_____ No Problem!

_____ There's a problem here! Katie should: