Caregiver Workshop - Eating Healthy When Eating Out
Audience: Caregivers

I. Nutrition Education Objectives:
   Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health
       Objective: As a result of Pennsylvania’s SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:
       1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.
   Goal 3: Caregivers will be able to access materials that will reinforce concepts to their school-age children related to eating and physical activity for good health.
       Objective: As a result of Pennsylvania’s SNAP-Ed plan, caregivers will:
       1. Access valid, reliable and appropriate resources that promote health.

II. Content:
   A. Participants will understand portion size.
   B. Participants will select healthier choices from fast food menus.

III. Materials:
   A. PowerPoint presentation: “Eating Healthy When Eating Out,” laptop and projector; mini screen (optional)
   B. Visuals: How Much Fat? test tubes, one pound and five pound fat/muscle models; Portion Control Visuals; Play dough
   C. Handouts:
      1. “Your Personal Path to Health: Steps to a Healthier You” brochure
      2. Fast Food Frenzy Restaurant Menus
      3. My Healthier Fast Food Choices worksheet
      4. ERN information sheet
      5. Copies of recipe to be prepared
      6. SNAP Brochure and Insert
      7. Caregiver Newsletter- Fast Food
   D. Supplies: Pencils, pens
   E. Optional: Sample packaging from fast food restaurant with nutrition facts and/or Nutrition Information brochure
   F. Reinforcement that conveys the appropriate nutrition message
   G. Cooking Activity: Supplies for Chinese Eggroll Salad Recipe
IV. Procedure:

A. Introductory

1. Introduction of Nutrition Educator.
   a. Introduce self
   2. Icebreaker- How much fat?
      a. Distribute the fat and muscle models to give caregivers an idea what fat looks like in the body. Ask for their reactions.
      b. Hand out the fat test tubes and discuss the amount of fat in the samples. Ask the participants:
         1. What are you surprised by?
         2. Does this change how anyone thinks of fatty foods?
   3. Lesson introduction - Ask the participants: Why is a healthy diet important? Solicit answers and discuss the following bullets:
      1. Better school performance for your children
      2. Developmental growth
      3. Weight management and the prevention of overweight and obesity for both children and adults.
      4. Reduced risk of chronic diseases such as heart disease, type 2 diabetes, hypertension, high cholesterol, and stroke
      5. Reduced risk of early mortality

B. Developmental

1. Portion sizes Introduce by reading the Cathy cartoon
   a. Portion sizes have gotten larger over the years. Consumers are eating more and more calories because they are eating larger amounts of foods. The slides that follow show how portions have changed and how much the calories differ. Briefly review the Portion Distortion slides.
      1. A cheeseburger today has approximately 257 more calories than a cheeseburger 20 years ago. Burning that amount of extra calories would require about an extra 50 minutes of brisk walking per day.
      2. A bagel today is about twice the size of a bagel 20 years ago and packs about 210 more calories. It would take about 30 minutes of fast dancing to burn those extra calories.
      3. French fry servings have grown by 4.5 ounces and 400 calories over the last 20 years. It would take about 40 minutes of running to burn off the extra calories.
4. Pepperoni pizza (*and all other toppings too*) has expanded from an average 500 calories to 850 calories in a portion. That 350 calorie excess is equivalent to what you could burn in an hour-long baseball game (playing, not watching!).

5. The size of an average soda has grown from 6.5 ounces to 20 ounces, and packs an extra 165 calories. You would need to put in about a half hour of weight training to burn that off.
   a. Check the label on your soda, how many servings are in the bottle? Do you usually drink the whole bottle or just one serving?
   b. The portions we get when eating out are often much more than we should eat. The following slides give examples of how to measure our food by looking at it. Practice using these guides to help you estimate your portion sizes and keep track of how much food you are actually eating, especially when you are served a large portion when eating out.
   
1. The following are based on a 2,000 calorie diet. Amounts may be more or less, depending on the amount of calories a person needs to eat. *Can refer caregivers to MyPlate.gov and the Super Tracker to determine their own personal needs.*
   a. 1 ½ ounces of cheese is equal in size to about 6 dice. That amount of cheese counts as a one cup serving in the dairy group. **The daily recommended amount of dairy is about 3 cups.**
   b. 1 cup of dry cereal is equal in size to a baseball and represents a one ounce serving of grains. ½ a cup of cooked pasta is equal in size to half a baseball and also represents a one ounce serving of grains. **The daily recommended amount of grains is about 6 ounces every day.** Remember to make half your servings whole grains.
   c. *Same slide* The baseball can also be used to estimate fruit and vegetable portions. A baseball-sized piece of whole fruit, such as an apple or orange, is about a one cup serving of fruit. Similarly, a baseball is a good estimate for the amount of raw vegetables that represent a one cup serving. **The daily recommended amount of fruit is about 2 cups and the daily recommended serving for vegetables is about 2.5 cups.**
   d. 3 ounces of cooked meat, fish, or poultry is equal in size to a deck of cards. **The daily recommended amount of protein is about 5½ ounces.**

2. **Discuss how to choose healthier foods when eating out.**
   a. Even when we limit portion size, fast food contains a lot of calories, fat, sodium and cholesterol. These are nutrients that we do need in our diet, but if eaten in large amounts they can be harmful. Too many calories can lead to weight gain. Too much fat and sodium can lead to high blood
pressure. All these factors combined can increase the risk for chronic
diseases, such as diabetes, heart disease, stroke and some cancers.
b. Children can be affected by these conditions, too, especially if they run in
the family. It is crucial to pay attention to what and how your children are
eating so you can prevent these issues in the future.
   i. Pop Quiz: Which meal has the least amount of fat?
      1. Quarter pound burger with cheese, large fries and diet 
soda: 54 grams
      2. Crispy chicken salad with 2 ounces of creamy Caesar
dressing and regular soda: 34 grams
      3. Taco salad and bottled water: 48 grams
   ii. Guide the ‘Fast Food Fat’ play dough activity.
      1. What does 34 grams of fat look like? How does it
         compare to 48 grams or 54 grams? We are going to use
         play dough to visualize the amount of fat. The play dough
         represents fat in our food.
      2. Give every participant, or every pair, depending on the
         number of attendees, a plate, a teaspoon, and play dough.
      3. Demonstrate how to measure out the “fat”. Fill the
         teaspoon with play dough until it is flat across the top.
         Take the play dough off the spoon, roll it in a ball, and
         place it on the plate. Explain that this 1 teaspoon ball of
         play dough weighs 5 grams and represents 5 grams of fat.
      4. Keeping in mind that each 1 teaspoon ball represents 5
         grams of fat, create a ball of play dough to represent each
         of the amounts of fat we saw in our pop quiz: 34 grams,
         48 grams, and 54 grams of fat. I will give you all a few
         minutes, at the end of which you each should have three
         large balls of play dough representing the amounts of fat
         listed on the slide.
      5. Allow time for participants to complete the activity.
      6. Ask participants to compare their findings. What
         surprised you about this activity? Remember that eating
         excess fat increases the risk of chronic diseases such as
         cardiovascular disease and type 2 diabetes.
   iii. Discuss fast food makeovers.
      1. The following fast food makeover demonstrates some small
         changes that can be made in a fast food order to greatly cut
         back on calorie and fat content.
      2. In the before meal we have a quarter pounder with cheese,
         large fries and milkshake. This meal has 1770 calories and
         68 grams of fat (that’s more fat than the largest play dough
         visualization you created). We need roughly that amount
         of calories and fat in our whole day and this is just for one
         meal!
3. The after meal has 630 calories and 27 grams of fat. By choosing a leaner meat in the sandwich, a smaller portion of fries, and a lower calorie drink, the fat and calorie content of the meal is more than halved.

4. You can make small changes at any fast food restaurant that can have a big impact on the number of calories and amount of fat you consume
   a. At a burger joint try a single burger or grilled chicken and a small order of fries or baked potato.
   b. A reasonable choice at a convenience store may be a turkey and cheese hoagie and a piece of fruit.
   c. A healthy choice at a pizza joint may look like 2 slices of thin pizza with a veggie topping or a side salad with breadsticks.
   d. At a Mexican place try a bean burrito and low fat chips and salsa.

iv. Discuss tips for choosing healthier foods when eating out.
   1. Cutting back on fast food is ideal, but choosing better options within the fast food menu is a good step in the right direction
      a. Choose vegetable toppings on pizza instead of fatty meats like pepperoni, sausage and meatballs. Pizza can be a good fast food choice as long as you use lower calorie vegetable toppings, go easy on the cheese, and control the portions eaten.
      b. Choose grilled chicken in sandwiches and salads instead of “crispy” or fried.
      c. Choose smaller portions. Skip super and biggie sizes completely. If you do get the larger size, split with family or friends.
      d. Choose healthier sides such as, a baked potato, fruit cup or side salad. Other healthy options include bean burritos, snack wraps, subs, frozen yogurt, fruit and yogurt parfaits, etc.
      e. Next Slide You don’t have to finish everything placed in front of you. Take half home for another meal or share with a friend.
      f. Use salsa and mustard instead of mayonnaise or oil. These condiments are lower in fat.
      g. Order water or diet beverages instead of more sugary options.
      h. Skip fried foods with breading or remove breading.
      i. Ask for salad dressing on the side and control how much you add to your salad.
3. Cooking Activity
   a. Review the recipe. Provide each participant with a copy of the recipe. Encourage them to prepare it with their children at home.
   b. Optional Activity: If there is down-time during the cooking activity
      i. Distribute Fast Food Frenzy Restaurant Menu and My Healthier Fast Food Choices worksheet to each participant. There are 3 types of menus: Burger Joint, Pizza and Chinese Restaurant.
      ii. The participants are to review the menu to see what they would like to order. Instruct the participants to create 2 fast food orders with foods that they would like to eat. The requirement for each order is that the total fat grams for each fast food order must be 25 grams or less.

V. Conclusion:
   A. Thank the participants for their time and answer any questions they may have.
   B. Distribute hand wipes.
   C. Provide each participant with a food tasting of the prepared recipe and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.
   D. Distribute parent handouts, including SNAP brochure and insert. Explain purpose of SNAP.
   E. Distribute reinforcements and explain the reasoning for the reinforcement.
Chinese Egg Roll Salad

Serving Size: ½ cup  
Yield: 15 servings  
Time: 30 minutes

Ingredients:
- 1 bag of coleslaw mix with carrots
- 1 cup of precooked chicken, cut into small pieces
- 2 Tablespoons soy sauce
- 2 Tablespoons teriyaki sauce
- 1 teaspoon garlic powder
- 1 package of rice noodles
- 1 green onion, sliced thinly
- Sweet and sour sauce or duck sauce

Instructions:
1. Cook noodles according to package directions.  
2. In the skillet, add chicken and heat through.  
3. Add the coleslaw, soy sauce, teriyaki sauce, and garlic powder to the skillet. Let mixture simmer for five minutes.  
4. Serve the egg roll salad over top of rice noodles and garnish with green onions and duck sauce.

Source:
Adapted from: [http://www.apples4theteacher.com](http://www.apples4theteacher.com)