Fast Food and Fat
Fast Food Frenzy
Grades 5 – 8 Girls’ Club

I. Nutrition Education Goal & Objective:
   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 healthy snacks.
   2. Limiting foods high in fat, sodium and added sugar.
   Goal 2: Students will apply skills 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 be able to:
   1. Assess personal health practices.
   2. Develop a goal to adopt, maintain, or improve a personal health practice.

II. Pennsylvania Educational Standards:
   A. 11.3 Food Science and Nutrition
   B. 1.6 Speaking and Listening
   C. 10.1 Concepts of Health
   D. 10.2 Healthful Living
   E. 2.5 Mathematical Problem Solving and Communication

III. Outcomes
   A. Students will identify sources of fat in the diet.
   B. Students will list examples of ways to make better fast food choices
   C. Student will recognize the relationship between portion sizes and fat content.
   D. Students will prepare and taste a healthy snack.

IV. Materials
   A. Supplies: Name tags, measuring spoons and cups, food models for butter, peanut butter, salad dressing, gravy
   B. Visuals: MyPlate/MyPlate for Kids poster
   C. Ball or Seedies for icebreaker
   D. Where’s The Fat activity materials (play dough, worksheets)
E. Handout: Fast Food Fat  
F. Job cards and container to draw them out of  
G. Taste testing ingredients: dry onion soup mix, non fat sour cream, vegetables, water  
H. Supplies for taste testing: Serving spoons, container for dip mixing, paper napkins/plates/cups, trash bag, tablecloth  
I. Antibacterial wipes/gel and gloves  
J. Reinforcement that conveys the appropriate nutrition message  
K. Caregiver Newsletter  

V. Procedure  
A. Introductory:  
1. Icebreaker: Where Do We Find Fat?  
   a. Explain that this icebreaker will help us think about fat in foods and drinks. Have girls sit in a circle or close together.  
   b. Pass a ball or Seedies around the circle. Whoever catches the ball mentions one food or drink that is high in fat.  
   c. Girls continue passing until all have gotten a chance to respond.  
2. Welcome  
   a. Tell girls how great it is to see them and meet again in this all-girl’s club.  
   b. Ask for a volunteer to summarize what happened last week for anyone who is new to the club.  
   c. Remind the girls of the goal set last week. How many tried to reach this goal? How many were successful? Why was it easy or hard to do? Encourage girls to keep trying to reach the goal if they didn’t do it last week, changing it a bit if that is helpful.  
   d. Today’s topic will be fast food and the fat in our diet  
3. Discussion: Introduction to Fat  
   a. What is good about the fat we eat?  
      i. Keeps body warm  
      ii. Protects our organs  
      iii. Does lots of things inside our bodies. We need to have it!!  
   b. What is not so good about it? (generate responses)  
      i. Can make us gain extra weight since it has lots of calories  
      ii. Too much solid fat is not healthy for the heart  
4. Discuss healthy fats and unhealthy fats.  
   a. Solid or “saturated” fats are the ones that can cause an unhealthy heart if we eat too much. Examples: butter, fat on meat, whole milk, etc.  
   b. The liquid “unsaturated” fats are heart healthy. Examples: oils like peanut, vegetable, and olive.  
      i. Foods that are made mostly of oil include mayonnaise, some salad dressings and soft margarine with no trans fat.  
   c. Cholesterol is a fat-like substance. Our bodies make some, but we also eat it in food. Too much cholesterol can lead to heart disease.  
      i. Foods that come from animal sources have cholesterol in them (eggs, meat, cheese).
ii. No plant food has cholesterol.

d. Since oils are NOT a food group, you won’t see them on MyPlate, however, they provide essential nutrients and must be included in our diet in small amounts.

e. Are there ways we can cut back on fat and still have food that tastes good?
   i. Less butter on bread
      a. Or use margarine so you can have more healthy oils!
   ii. Eat fewer French fries
      a. Get a smaller order, or share a large size with a friend
   iii. Try baked chips instead of fried chips
      a. Or popcorn with spray butter
   iv. Find more examples in the next activity

B. Developmental:
   1. Activity 1 – Fast Food Fat
      a. Tell the girls that they are going to look at the amount of fat in some popular fast foods.
      b. Depending on the number of girls in the club, each girl may get their own plate, teaspoon and play dough or you can break them into small groups. Distribute the plates and teaspoons.
      c. Explain that the play dough represents fat in our food. Demonstrate how to measure out the fat, filling the spoon 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.
      d. When we look at food labels, fat is given in grams. Tell the girls that 1 teaspoon of play dough weighs 5 grams. Knowing this, we can measure out the amount of fat we know is in a food. This way, we can “see” how much fat we are eating.
      e. Distribute the play dough and Fat cards, one to each group/student. Make sure that one group/student gets the recommendation card.
      f. Have each group make play dough balls to represent the amount of fat on the card and place the ball on a plate. When all groups/students are done, have them present their findings, starting with the student/group that has the recommendation card.
      g. Have the remaining students/groups present their plate and compare the daily recommended amount to the amounts on each plate. Discuss how exceeding the recommended amount each day increases the risk of diseases such as, cardiovascular disease and type 2 diabetes.
      h. After all have presented, encourage students to think about the food choices they make and what changes they can make if they want to reduce the amount of fat they are eating.
2. **Activity 2 - How much fat do you add?**
   a. Explain that we need to be careful of how much we eat when we are eating at a restaurant, but that it is also important to think about fat intake when we are fixing our own food or eating at home.
   b. Put an assortment of measuring cups and spoons on a flat surface
   c. Ask for volunteers to pick out what they think is a good serving size for the following:
      i. butter on 1 slice of bread
      ii. peanut butter on 1 slice of bread
      iii. salad dressing for a small bowl salad
      iv. gravy on our mashed potatoes
   d. Now, use food models and the measuring cups and spoons to show the amounts of fat we should be adding to our foods
      i. Pats of butter – stick to one or two
      ii. Peanut butter – try to use 1 tablespoon for each piece of bread
      iii. Salad dressing – try to use 1 or 2 tablespoons on your salad. You can also dip your fork into the dressing before each bite instead of pouring it all over your salad
      iv. Gravy – use as little as possible! 1 Tablespoon is probably enough.
   e. What do the girls think about these portions? Are they eating way more fat than they should be or not enough?
   f. Remember, it is important to get enough fat in our diet, but we also need to be careful we aren’t getting too much, especially the unhealthy fats.
   g. Review options available to cut back on fat:
      i. Bake instead of fry
      ii. Remove skin from chicken
      iii. Use oil spray for cooking
      iv. Less butter on bread
      v. Use low fat milk in place of whole

C. **Concluding:**
   1. Discuss one goal the group can set for the upcoming week about fast food. Make it something realistic and attainable (Example: I will order a small fry instead of a large). Write this goal down so it can be discussed next week. If desired, keep a running list of weekly goals.
   2. Distribute the reinforcement, read the message and/or explain why they are getting the reinforcement.
   3. Distribute Caregiver Newsletter.
   4. Thank girls for coming. Remind them to make healthy choices when eating at their favorite fast food restaurants. Keep you and your heart healthy!

D. **Taste Testing: Veggies and Dip**
   1. Give out job cards to divide preparation tasks
   2. Students are to wash hands or use antibacterial wipes/gel if no sink is available.
   3. Distribute gloves to preparation helpers
4. Prepare dip by mixing dry seasoning mix with low fat sour cream. Distribute dip, vegetables, and water.
5. Sit down, slow down, savor and enjoy!
6. While eating, talk about favorite fast food items and how they can be made healthier
7. Everyone should help clean up by putting things in trash bag and cleaning up any spills or dropped food.
### JOB CARDS FOR SNACK PREPARATION
(cut out and place in container to be drawn at random)

<table>
<thead>
<tr>
<th>1. Spread out the tablecloth</th>
<th>2. Arrange the plates and napkins in piles on the serving table</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Open the sour cream. Pour it into the dip container.</td>
<td>4. Pour the dry mix into the sour cream. Stir it up and add a serving spoon.</td>
</tr>
<tr>
<td>5. Open the containers of vegetables and place them near the dip. Add serving tongs or a spoon.</td>
<td>6. You are the clean up patrol. Help collect garbage and make sure there are no spills or dropped food.</td>
</tr>
</tbody>
</table>
# Fast Food Fat

<table>
<thead>
<tr>
<th>Meal</th>
<th>Letter (on Tub) you believe represents the amount of fat in this meal</th>
<th>Total Fat in Product (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Burger with toppings, large fries, medium soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheeseburger, small fries, small soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 pieces fried chicken (breast and thigh), mashed potatoes with gravy, biscuit, medium soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 piece fried chicken (breast), mashed potatoes with NO gravy, green beans, small soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 slices pan pizza with pepperoni, medium soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 slices thin crust pizza with mushrooms, small soda</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Hint: 5 grams of fat = 1 teaspoon of shortening*
## Fast Food Fat - ANSWER KEY

<table>
<thead>
<tr>
<th>Meal</th>
<th>Tub letter you believe represents the amount of fat in this meal</th>
<th>Total Fat in Product (g) (Your guess, based on the amount of Crisco in the container)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big burger with toppings, large fries, medium soda</td>
<td>R</td>
<td>55g (11 tsp)</td>
</tr>
<tr>
<td>Cheeseburger, small fries, small soda</td>
<td>L</td>
<td>23g (4.6 tsp)</td>
</tr>
<tr>
<td>2 pieces fried chicken (breast and thigh), mashed potatoes with gravy, biscuit, medium soda</td>
<td>Q</td>
<td>72g (14.4 tsp)</td>
</tr>
<tr>
<td>1 piece fried chicken (breast), mashed potatoes with NO gravy, green beans, small soda</td>
<td>F</td>
<td>30g (6 tsp)</td>
</tr>
<tr>
<td>2 slices pan pizza with pepperoni, medium soda</td>
<td>Y</td>
<td>30g (6 tsp)</td>
</tr>
<tr>
<td>2 slices thin crust pizza with mushrooms, small soda</td>
<td>W</td>
<td>12g (2.4 tsp)</td>
</tr>
</tbody>
</table>
Fat cards for Activity #1

Daily Recommended Amount of Fat = 13 teaspoons a day
*(Based on consuming 2,000 calories/day)*

Make 13 teaspoon-sized balls of fat and place them on the plate.

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Big Burger with toppings, large fries and a medium soda

55 grams of fat = 11 teaspoons

Make 11 teaspoon-sized balls of fat and place them on the plate.

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Cheeseburger, small fries and a small soda

23 grams of fat = 4.6 teaspoons

Make 4 teaspoon-sized balls + one smaller ball of fat and place them on the plate.
2 pieces of fried chicken (breast and thigh), mashed potatoes with gravy, biscuit, medium soda

72 grams of fat = 14.4 teaspoons

Make 14 teaspoon-sized balls + one smaller ball of fat and place them on the plate.

1 piece of fried chicken (breast), mashed potatoes with NO gravy, green beans, small soda

30 grams of fat = 6 teaspoons

Make 6 teaspoon-sized balls of fat and place them on the plate.

2 slices pan pizza with pepperoni, medium soda

30 grams of fat = 6 teaspoons

Make 6 teaspoon-sized balls of fat and place them on the plate.
2 slices thin crust pizza with mushrooms, small soda

12 grams of fat = 2.4 teaspoons

Make 2 teaspoon-sized balls + one smaller ball of fat and place them on the plate.

Grilled chicken sandwich, small fries, non-fat milk

15 grams of fat = 3 teaspoons

Make 3 teaspoon-sized balls of fat and place them on the plate.