Supplies

Display Material
- Sodium poster
- Fats poster

Fast Food Calculations
- Lard
- Sugar
- Salt
- Teaspoons
- Clear cups
- Fast food reference sheet
- Fast food tracker
- Calculators

Mac & Cheese Salad
- 3 ounces whole-grain cooked elbow macaroni
- ¼ cup shredded cheddar cheese
- ½ cup diced celery
- ¼ cup diced carrots
- ½ cup frozen green peas, defrosted
- ¼ cup chopped green pepper
- ¼ cup pickle relish, drained
- ¼ cup light mayonnaise
- ¼ cup reduced-fat sour cream
- 1 tablespoon mustard
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper flakes
- Mixing bowl
- Cutting boards
- Cutting knives (for kids)
- Tasting plates
- Forks

Lead volunteer

1. Welcome kids to the “Eat Smart” station. Divide them evenly into groups among the volunteers.

2. Explain the importance of limiting fat, sodium and sugar in your diet to stay healthy.
   a. Eating too much sodium can cause high blood pressure, even in kids. High blood pressure in childhood is linked to early development of heart disease and risk for premature death. The recommended amount of sodium is 1,500-2,300 mg per day. Where do you think most of the sodium comes from? Not by adding salt. Here’s a look at foods that add the most sodium to a diet.
   b. Eating too much bad/ugly fats can raise bad cholesterol and increase the risk of heart disease and stroke.
   c. Eating too much sugar and empty calories can cause obesity which increases the risk of getting diabetes and other health problems. You’ll learn more about sugar in the “Drink Smart” station.

3. While it’s more convenient to eat out or grab ready-go-to meals and snacks, these items are often high in fat, sodium and sugar. Try to limit these items and prepare fresh foods. When going out to eat, learn to be a smart consumer and order healthier items.

4. Let’s move into our group activities to be fast food investigators and make a quick, easy and healthy snack.
Group volunteers

1. Each group will have handouts of the “Fast Food Calculations,” teaspoons, clear cups, lard, sugar and salt on their table.

2. Ask the kids to share their favorite fast food restaurant and meal item. Using the reference sheet, calculate the amount of fat, sugar and sodium in the item.
   - 4 grams of fat = 1 teaspoon of lard
   - 4 grams of sugar = 1 teaspoon of sugar
   - 2,300 mg of sodium = 1 teaspoon of salt

3. Ask kids to scoop the number of teaspoons of lard, sugar and salt just calculated into an empty plastic cup. Discuss the results. Review some of the healthier options to choose from when eating out.
   - Choose a salad with low-fat dressing
   - Add vegetables to your pizza
   - Order a small side of salad, veggies or a fruit cup instead of fries
   - Portion control - remember, you can always take leftovers home to enjoy the next day

4. Instead of buying ready-to-eat meals, make dinner with the family. Demonstrate a mac and cheese salad. Ask the kids to help dice some of the vegetables, while you make the sauce. Then mix it all together and pass out samples to taste.

5. Explain that it’s important to give new foods a try – you never know what you might like! Sometimes you need to try new foods more than once to get used to the taste and decide if you like it. People’s tastes also change over time – next year you might like a food that you didn’t like today. (this message will be reinforced at every station)
**FAST FOOD CARBOHYDRATE, FAT, & SODIUM CALCULATIONS**

**equivalencies**

- 4g of carbohydrates = 1 tsp
- 4g of fat = 1 tsp
- 2300 mg of sodium = 1 tsp
- 3 tsp = 1 TB

**sodium equivalents**

- 0-.24 = ¼ tsp
- .25-.49 = ½ tsp
- .50-.74 = ¾ tsp
- .75-1.0 = 1 tsp

Name Of Restaurant ___________________________________________________________

Name Your Food ___________________________________________________________

# Of Fat Grams ___________ ÷ By 4 Grams = ________tsp (round off) = _______ tbsp + _________ tsp

# Of Carb Grams ___________ ÷ By 4 Grams = ________ tsp (round off) = _______ tbsp + _________ tsp

# Of Sodium Mg _______________ ÷ 2300mg = ______________ tsp  (Hint: look at chart above)

Name Of Restaurant ___________________________________________________________

Name Your Food ___________________________________________________________

# Of Fat Grams ___________ ÷ By 4 Grams = ________tsp (round off) = _______ tbsp + _________ tsp

# Of Carb Grams ___________ ÷ By 4 Grams = ________ tsp (round off) = _______ tbsp + _________ tsp

# Of Sodium Mg _______________ ÷ 2300mg = ______________ tsp  (Hint: look at chart above)

Created by Chef Michael McGreal, CEC, CCE, CHE, FMP, CHA, MCFE, Department Chair Culinary Arts/ Hospitality Management, Joliet Junior College
# Fast Food Calculations Reference Sheet

<table>
<thead>
<tr>
<th>KFC—Kentucky Fried Chicken</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
<th>Sugar</th>
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<tbody>
<tr>
<td>Extra Crispy Breast (1 piece)</td>
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<td>874</td>
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<tr>
<td>Extra Crispy Drumstick (1 piece)</td>
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<td>Hot Wings (6 piece)</td>
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<td>Biscuit</td>
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<td>10</td>
<td>560</td>
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<td>Macaroni &amp; Cheese</td>
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<td>860</td>
<td>2</td>
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<td>Mashed Potatoes with Gravy</td>
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<td>Double Bacon Cheeseburger</td>
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<td>1180</td>
<td>5</td>
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<td>Whopper Sandwich</td>
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<td>Nachos Bellgrande</td>
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