Health Education Today

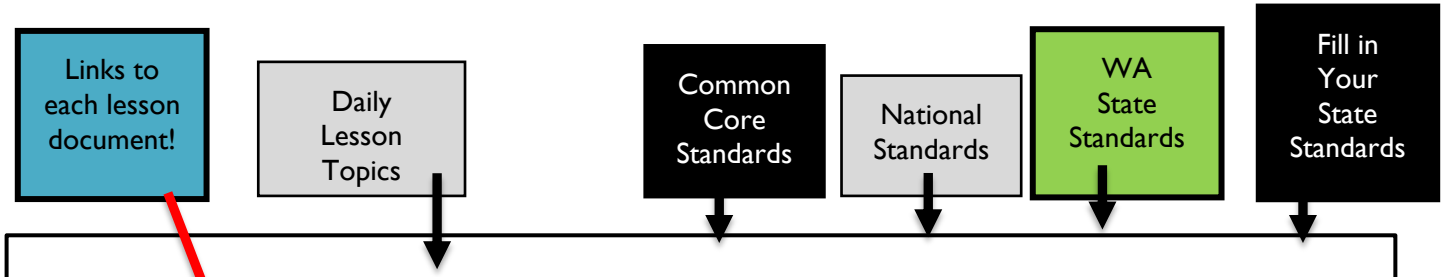
Fast Food Lessons

From the #1 Best-Selling Nutrition Unit on TPT!

This Program's Creator is a Qualified Teacher

- I am a National Board Certified Teacher with a Masters of Education Degree and I have 19 years of experience teaching Health.

Easy to Navigate "Table of Contents"

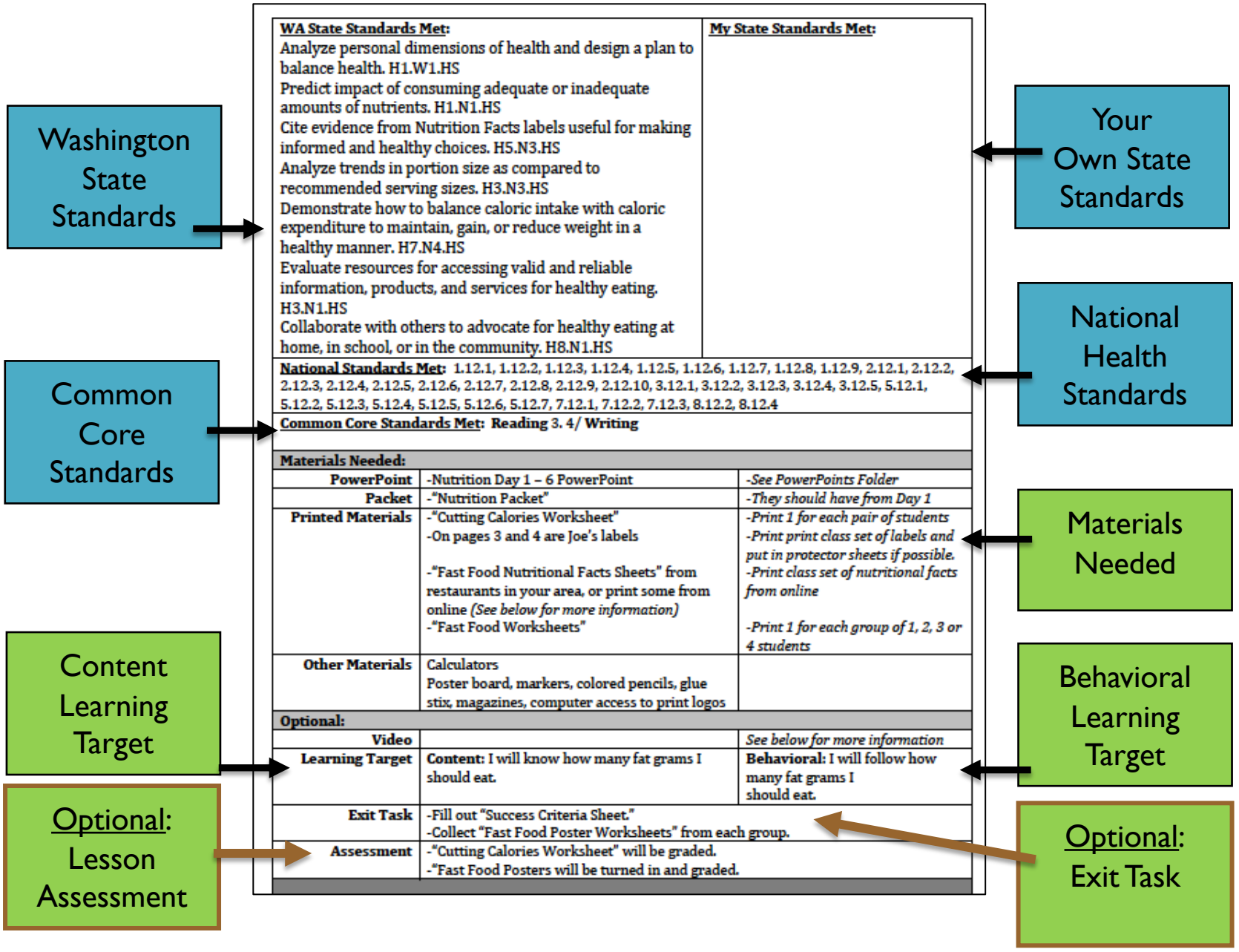


Google Docs Included!

5 Fast Food Lessons Table of Contents:

#	Lesson:	Lesson Titles: *Click on the lesson title to be linked to the page*	Comm Core Standards Met:	National Health Standards Met:	WA High School Health	Your State Standards:
1	Nutrition-Day 1	-Introduction to nutrition -Obesity in the U.S. -<>Video -Why Americans are overweight -Understanding calories	W 4	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3	Middle: H1.W1.8 H7.N4.8 H7.W2.8b High School: H1.W1.HS H1.N1.HS H5.N3.HS H3.N3.HS H7.N4.HS H3.N1.HS	
2	Optional Day: Food Label Reading	See info in Day 2. Full lesson is included in the "Docs" folder.				
3	Nutrition-Day 2	-Cutting or adding calories -"Joe's Cutting Calories Activity" -Understanding fat -"Fast Food Restaurant Posters"	R 1 R 3 R 4 W 1 W 4 W 9	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1,	Middle: H1.W1.8 H7.N4.8 H7.W2.8b H1.N5.8 H8.N2.8 High School: H1.W1.HS H1.N1.HS	

Standards are at the Beginning of Each Lesson:



WA State Standards Met:	**My State Standards Met:**
Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS Cite evidence from Nutrition Facts labels useful for making informed and healthy choices. H5.N3.HS Analyze trends in portion size as compared to recommended serving sizes. H3.N3.HS Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS Evaluate resources for accessing valid and reliable information, products, and services for healthy eating. H3.N1.HS Collaborate with others to advocate for healthy eating at home, in school, or in the community. H8.N1.HS	

National Standards Met: 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3, 8.12.2, 8.12.4

Common Core Standards Met: Reading 3. 4/ Writing

Materials Needed:		
PowerPoint	-Nutrition Day 1 – 6 PowerPoint	*-See PowerPoints Folder*
Packet	-"Nutrition Packet"	*-They should have from Day 1*
Printed Materials	-"Cutting Calories Worksheet" -On pages 3 and 4 are Joe's labels -"Fast Food Nutritional Facts Sheets" from restaurants in your area, or print some from online *(See below for more information)* -"Fast Food Worksheets"	*-Print 1 for each pair of students* *-Print print class set of labels and put in protector sheets if possible.* *-Print class set of nutritional facts from online* *-Print 1 for each group of 1, 2, 3 or 4 students*
Other Materials	Calculators Poster board, markers, colored pencils, glue stix, magazines, computer access to print logos	
Optional:		
Video		*See below for more information*
Learning Target	**Content:** I will know how many fat grams I should eat.	**Behavioral:** I will follow how many fat grams I should eat.
Exit Task	-Fill out "Success Criteria Sheet." -Collect "Fast Food Poster Worksheets" from each group.	
Assessment	-"Cutting Calories Worksheet" will be graded. -"Fast Food Posters will be turned in and graded.	

Washington State Standards

Your Own State Standards

National Health Standards

Common Core Standards

Materials Needed

Content Learning Target

Behavioral Learning Target

Optional: Lesson Assessment

Optional: Exit Task

PowerPoints Lead You Through the Lessons…

These step-by-step directions follow the "Fast Food" PowerPoint. The numbers on the ALL CAPITAL headings below match the **PowerPoint slide with the same number**. .

1. TITLE SLIDE: This title slide is also a place marker.

2. DAY 1 SLIDE: This is a place marker, but one thing to know is that students can fill out a "Nutrition Packet" where they take notes from the PowerPoint slides. Most of the notes are on the "Pizza Food Label Page." PowerPoint slides where students need to take notes will have a picture of that page and an arrow that directs students to exactly where the notes are, and the lime green highlight on the PowerPoint alerts them that their formulas will go to the packet pizza page. The packet is optional, and it's in the "Docs" folder AND ON GOOGLE SLIDES link above if you want to use it.

3. IN THE U.S.: Ask your students, "Why do you think so many Americans are overweight and obese?" Have them discuss it with a partner and then tell them that you want to show them a PowerPoint first, and then we can answer that question as a class.

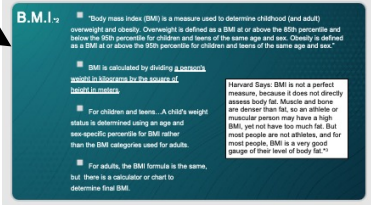
4. BMI: The BMI slide will help students understand just what "obesity is" and explain to them what the C.D.C. (Centers for Disease Control) obesity map really means. You can download it, but I suggest you use my edited version in the PowerPoints folder-it has all the slides from the beginning and with all the way up to the latest 2014 slide all on one presentation.) As Harvard Says: "BMI is not a perfect measure, because it does not directly assess body fat. Muscle and bone are denser than fat, so an athlete or muscular person may have a high BMI, yet not have too much fat. But most people are not athletes, and for most people, BMI is a very good gauge of their level of body fat." (More on the sensitive topics of BMI and calories in a few minutes!) https://www.hsph.harvard.edu/obesity-prevention-source/obesity-definition/obesity-definition-full-story/

5. OBESITY IN UNITED STATES:

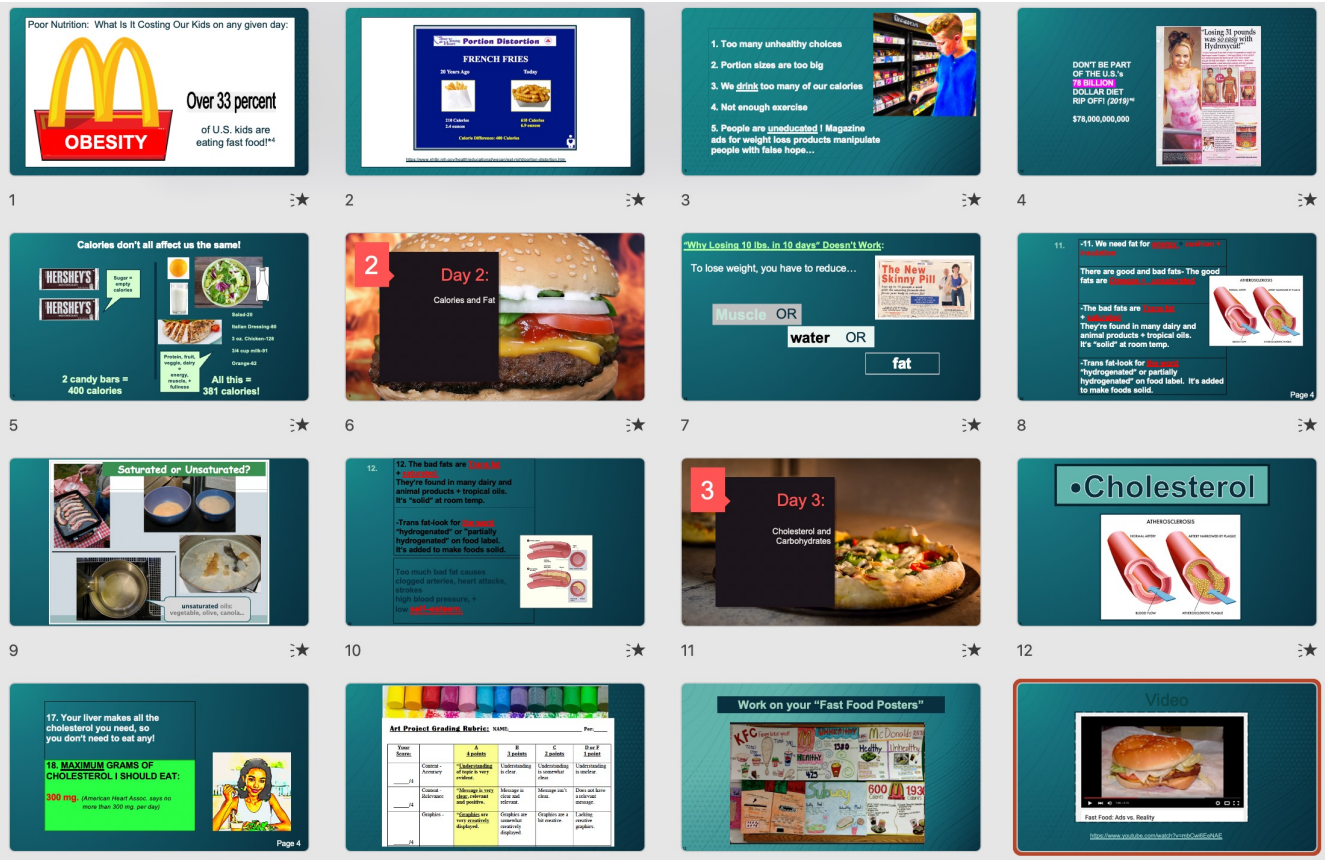
"Adult Obesity Prevalence Maps"
https://www.cdc.gov/obesity/data/prevalence-maps.html

I like to introduce my nutrition unit with the CDC's "Obesity Rates by State PowerPoint." The BMI slide will help students understand just what "obesity is" and explain to them what the C.D.C. (Centers for Disease Control) obesity map really means. You can download the latest year's map from the CDC site at the bottom of page in the grey box, but I suggest you use my edited version in the PowerPoints folder-it has all the slides **from the beginning on 1985 and all the way up to the latest 2020 slide all on one presentation.**

7. PAIR/SHARE: "Why do you think so many Americans are overweight?"



Beautiful New PowerPoint Background and Photos!



High School Nutrition Unit Google Docs:

100 Google Slides + 4 Forms

Now on GOOGLE DRIVE!

NAME: x PER: x DATE: x

Photo by https://pixabay.com/

CALORIES YOU SHOULD EAT PER DAY:

1) Estimated BMR: current wt.____ x 10 (boys x 11)

= x Box 1

2) Activity Level:

Box 1 x _____ (choose .3, .5, or .7)

x .3 if light
x .5 if moderately active
x .7 if very active (sports)

= x Box 2

3) Take Box 1____

\+ Box 2____

x .1

= x Box 3

Fill this in for your own weight and exercise level

4) Take Box 1____

\+ Box 2____

\+ Box 3____

girls - don't have your total greater than 2800
boys - don't have your total greater than 3800

= x TOTAL CALORIES PER DAY TO MAINTAIN YOUR WEIGHT

6) Optional:
or if you want to lose wt.... - 500 PER DAY TO LOSE 1 LB. PER WEEK

or if you want to gain wt.... + 500 PER DAY TO GAIN 1 LB. PER WEEK

= x

7. Know that 1 lb. = x calories. The safest way to lose wt. is x per wk.
*Women should never go below x calories/day
*Men should never go below x calories/day

8. Set-point theory: "Body weight is regulated at a predetermined, or preferred, level by a feedback control mechanism." When you cut calories below the 1200/1500, your body thinks you're starving! (like a Caveman) Metabolism, sends hunger pains, and fat cells don't release fat!

9. Yo-yo Syndrome when you lose too much weight too fast, you lose lean muscle, but gain it back as fat!!

New Graphics!

Analyzing Fast Food Restaurants

Names:
Period: _____ Date:_____

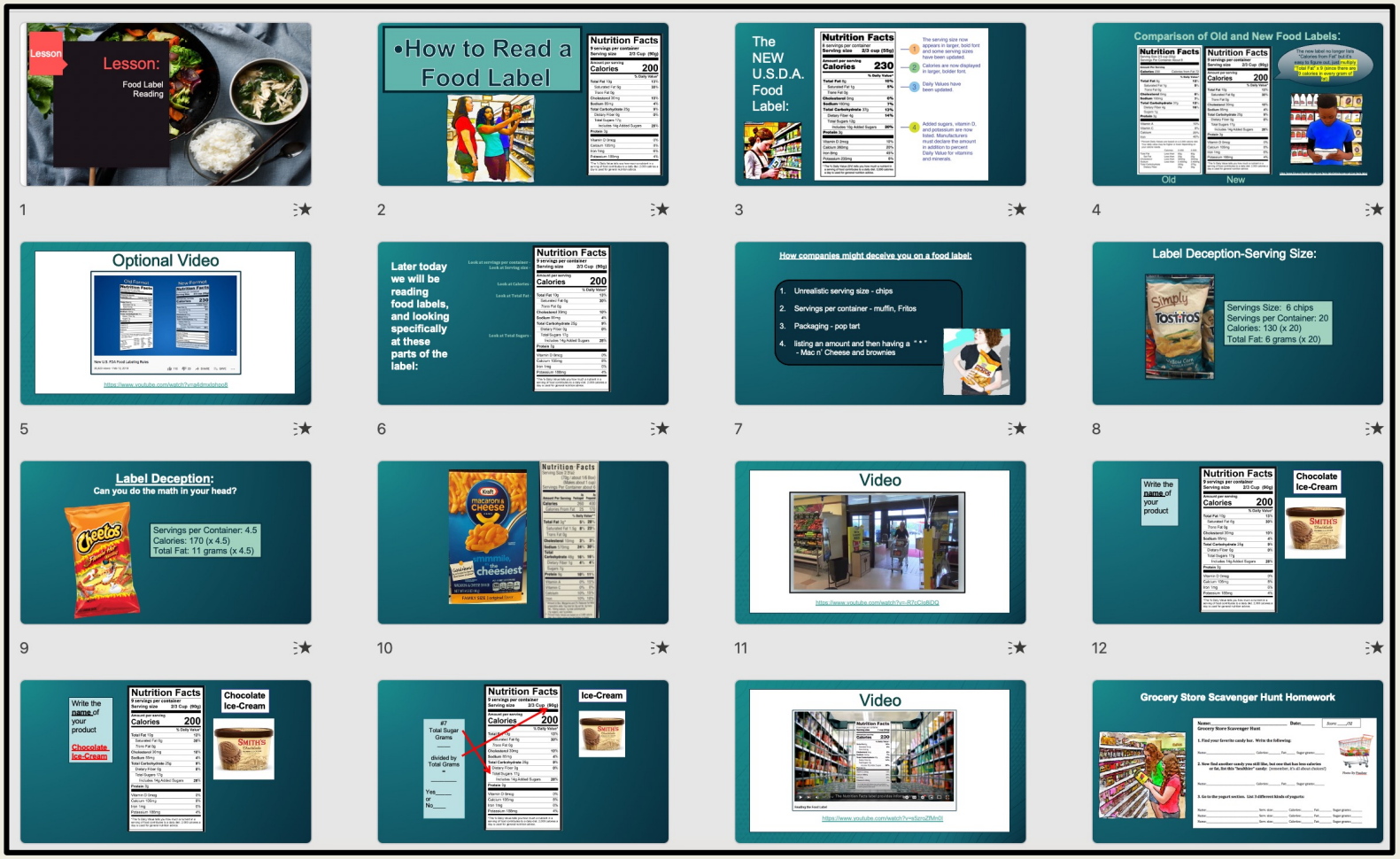
What fast food restaurant are you researching?_____

We are comparing: (circle one) *CALORIES* *TOTAL FAT*

List items from best (least amount of calories or fat) to worst

Main Food items (Burgers, tacos, chicken nuggets)	Amount	**Complimentary Items** (Fries, onion rings, tatertots)	Amount	**Desserts** (Shakes, cookies, cinnamon twists)	Amount

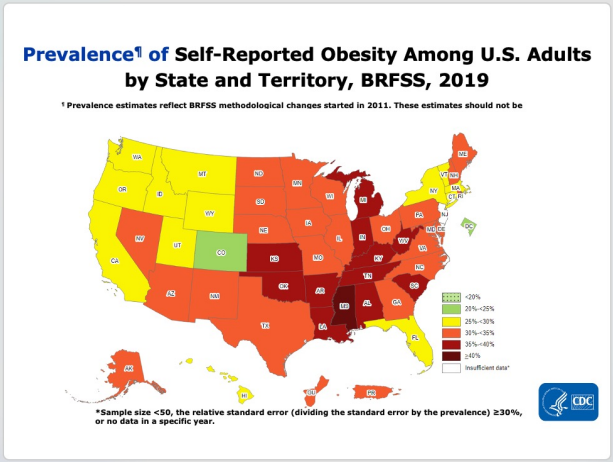
Optional Pre-Lesson
"Food Label Reading" Lesson:

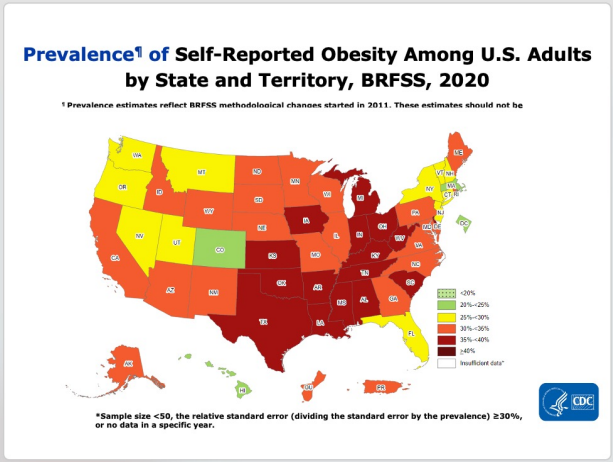


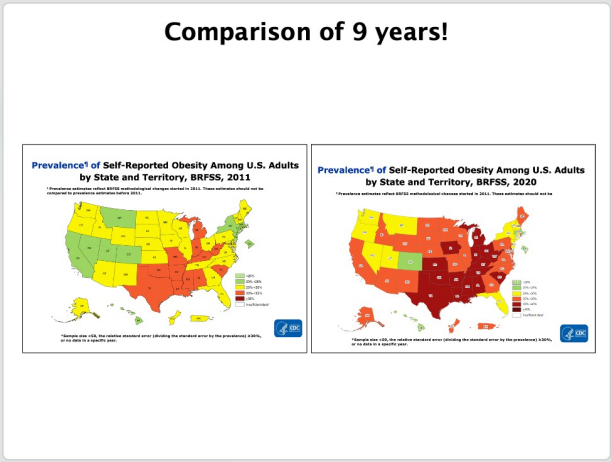
54 total slides

Day 1

"Obesity in the U.S." PowerPoint:







39 total slides

Day 1 "Portion Distortion" PowerPoint:

Portion Distortion

MUFFIN

20 Years Ago

210 calories
1.5 ounces

Today

500 calories
4 ounces

Calorie Difference: 290 calories

3

Portion Distortion

CHEESEBURGER

20 Years Ago

333 calories

Today

How many calories are in today's cheeseburger?

4

Portion Distortion

FRENCH FRIES

20 Years Ago

210 Calories
2.4 ounces

Today

How many calories are in today's portion of fries?

Portion Distortion

SODA

20 Years Ago

85 Calories
6. 5 ounces

Today

800 Calories
2 liter

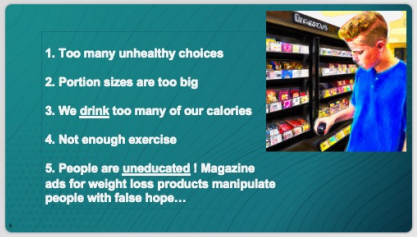
How many calories are in today's portion?

14 total slides

Day 2 - 3 Main Lesson Presentation:

1

2



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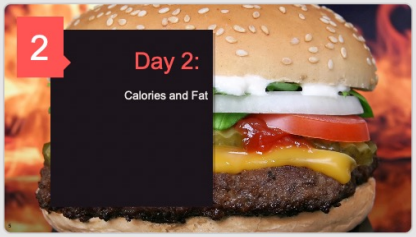

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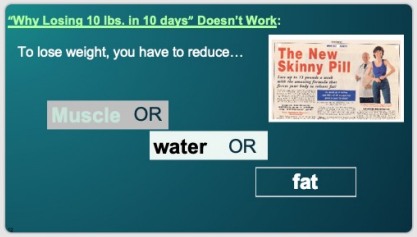

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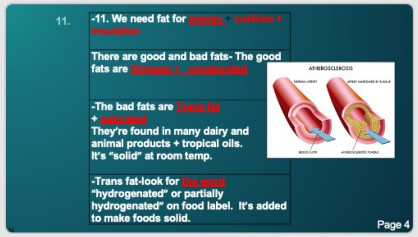

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10

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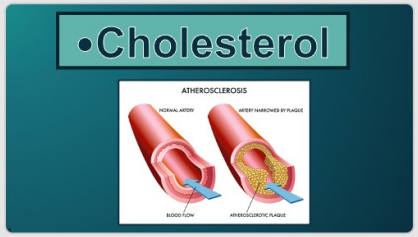

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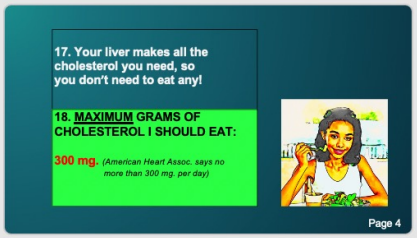
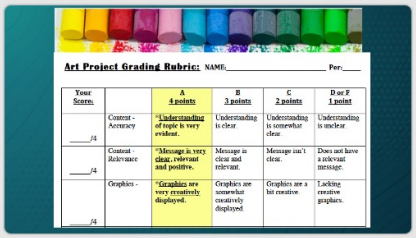
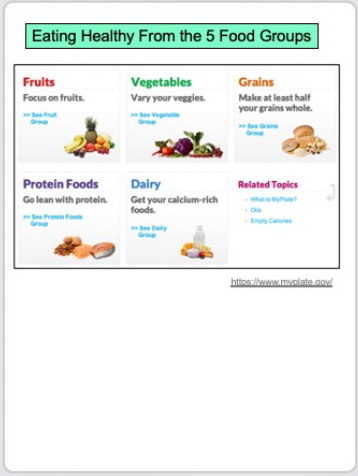




96 total slides

Optional Day 4 Post-Lesson"Interactive Tennis Shoe"

1



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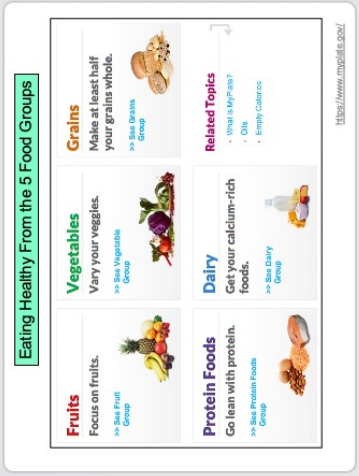

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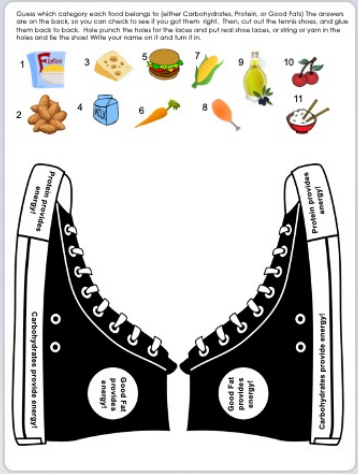
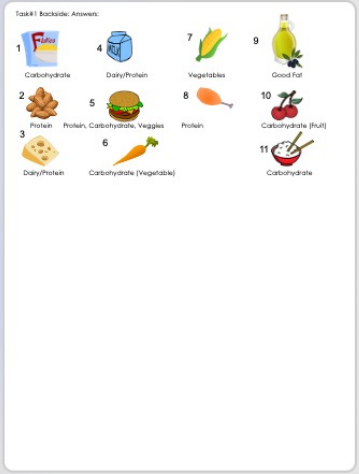
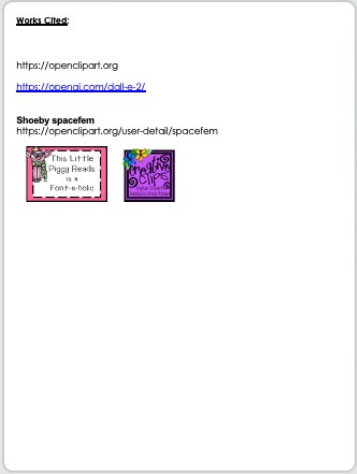






7 total slides

Optional Pre-Lesson:

Name: X Per: X Date: X

Food Label Worksheet

1. Look at servings per container
2. Look at Serving size
3. Look at Calories
4. Look at Total Fat
5. Look at Total Sugars

Nutrition Facts
9 servings per container
Serving size 2/3 Cup (90g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6. Total Fat x 9 = ___ ÷ Calories

This is the % if you should eat about 2,000 calories per day

7. Total Sugar grams ÷ Total Grams

IS A PRODUCT HEALTHY? HERE'S HOW YOU FIND OUT...

Explanation of Daily Values %

Choose a food label from the class box - the product must have fat and sugar in it:

Write the name of your food product here: X

1. How many **Servings Per Container**? X
2. Write the **Serving Size** of your product: X
3. How many **Calories** are in your product? X

#2 Write the **Serving Size** of your product

Nutrition Facts
9 servings per container
Serving size 2/3 Cup (90g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ice-Cream

NEW USDA Labels!

- Is this product healthy
- for TOTAL FAT

Remember: The old food label used to list "Calories from Fat" but now you need to get that number yourself! You just multiply Total Fat x 9 (since there are 9 calories in every gram of fat, so that is the "Calories from Fat."

- 8g fat x 9 (there are 9 calories in every gram of fat) =72
- divided by 170
- = 42%

NO!

Nutrition Facts
6 servings per container
Serving size 1 bar (35g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 8g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	5%
Total Sugars 7g	
Includes 6g Added Sugars	13%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Media literacy and grocery store manipulation
- "Food Label Reading Worksheet" activity
- "Interactive Food Label Activity"
- Food label reading video

Day 1:

Here are some Examples Unit Lessons:

Be aware of fad Diets!

- Understanding obesity and why so many Americans are overweight.
- Unhealthy habits: sugar, fat, fast food, portions, lack of exercise…
- Understanding calories
- Set Point Theory
- Portion sizes compared to 1950's

Docs in this Unit are *Editable in Word!

Day 2 Lesson:

Here are some Examples Unit Lessons:

Simply Sea Salt Microwave

Nutrition Facts

About 3 servings per bag.
About 9 servings per container.
Serving size 2 tbsp (33g) unpopped (makes about 3 cups popped)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohy	
Dietary Fiber	
Total Sugars	
Includes 0g	
Protein 3g	
Vitamin D 0mcg	
Calcium 6mg	
Iron 1mg	
Potassium 73m	

*The % Daily Value nutrient in a serving a daily diet. 2,000 c for general nutrition

Nutrition Facts

5 Servings Per Container
Serving Size 2 Full Slices (9g)

Amount Per Serving	
Calories	**50**
	% Daily Value*
Total Fat 5g	7%
Saturated 2g	9%
Trans Fat 0g	
Cholesterol 8mg	2%
Sodium 165	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	2%

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A STUDENT FAVORITE!

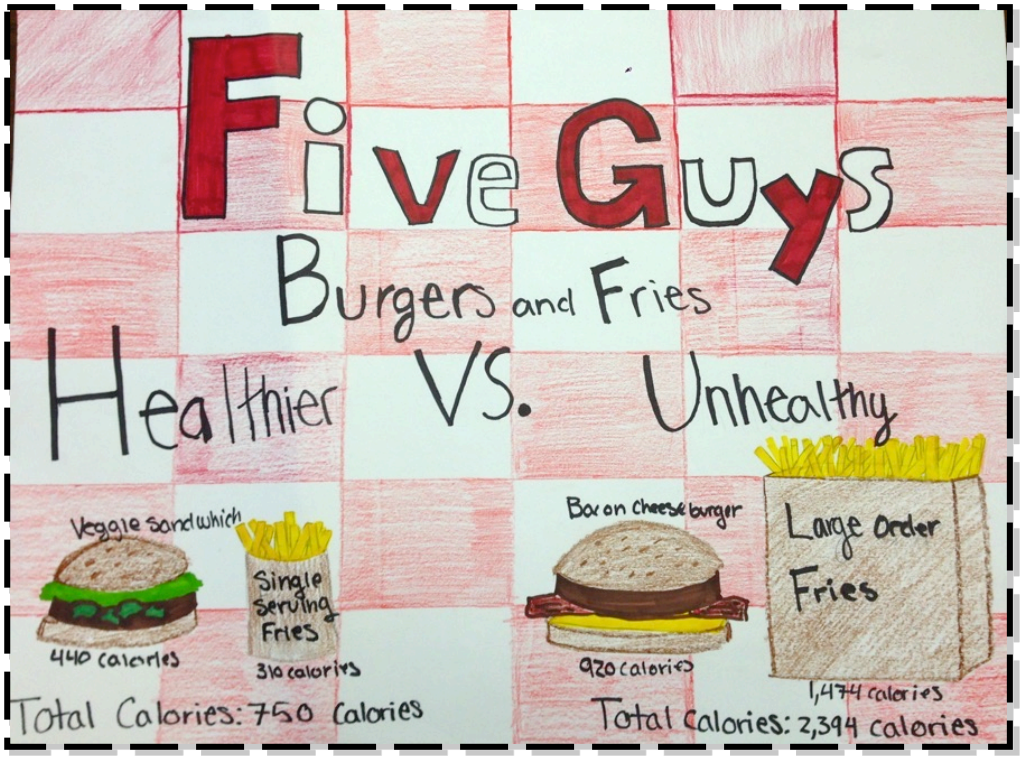
NEW USDA Labels!

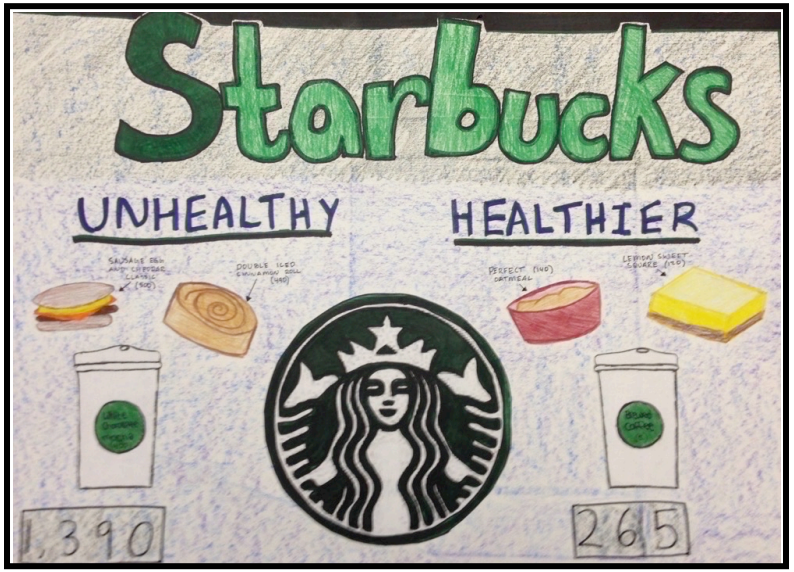
- Understanding how calories relate to weight loss or gain.
- ♦Formula - How many calories do I need per day?
- Good fats -vs- bad fats. (Trans and Saturated Fats)
- ♦Formula- How many fat grams should I eat per day?
- Fast food restaurants: Analyzing calories and fat.
- Are there any healthy choices for me at fast food restaurants?

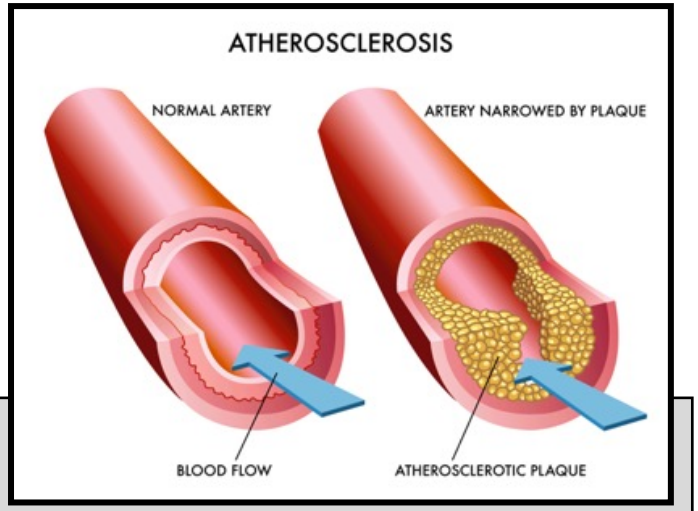
Program is personalized for each student!

Day 3 Lesson:

Here are some Examples Unit Lessons:



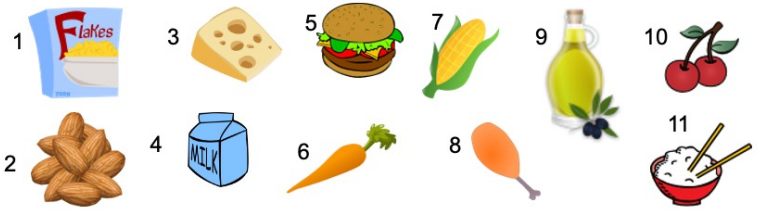


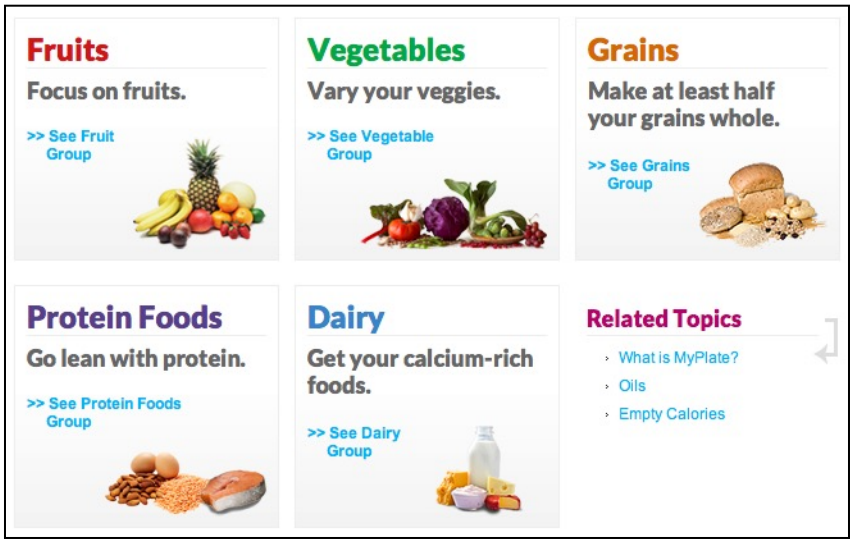


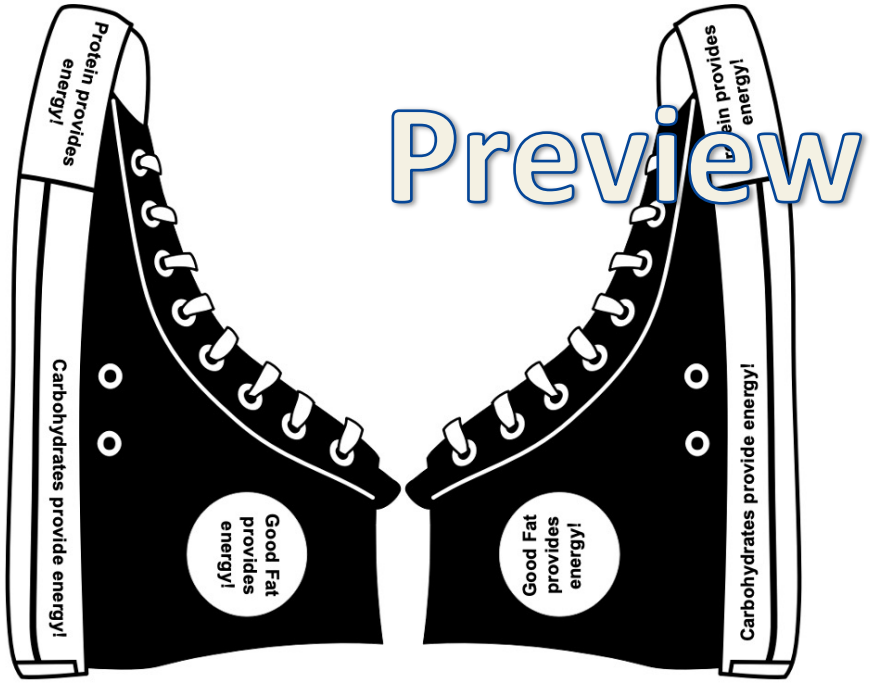
- What is cholesterol?
- ♦Formula- How much cholesterol do I need?
- Fast Food Posters!

Optional Day 4 Post Lesson:

Guess which category each food belongs to (either Carbohydrates, Protein, or Good Fats) The answers are on the back, so you can check to see if you got them right. Then, cut out the tennis shoes, and glue them back to back. Hole punch the holes for the laces and put real shoe laces, or string or yarn in the holes and tie the shoe! Write your name on it and turn it in.







- Interactive Healthy Eating Tennis Shoe!

Real Teacher Reviews:

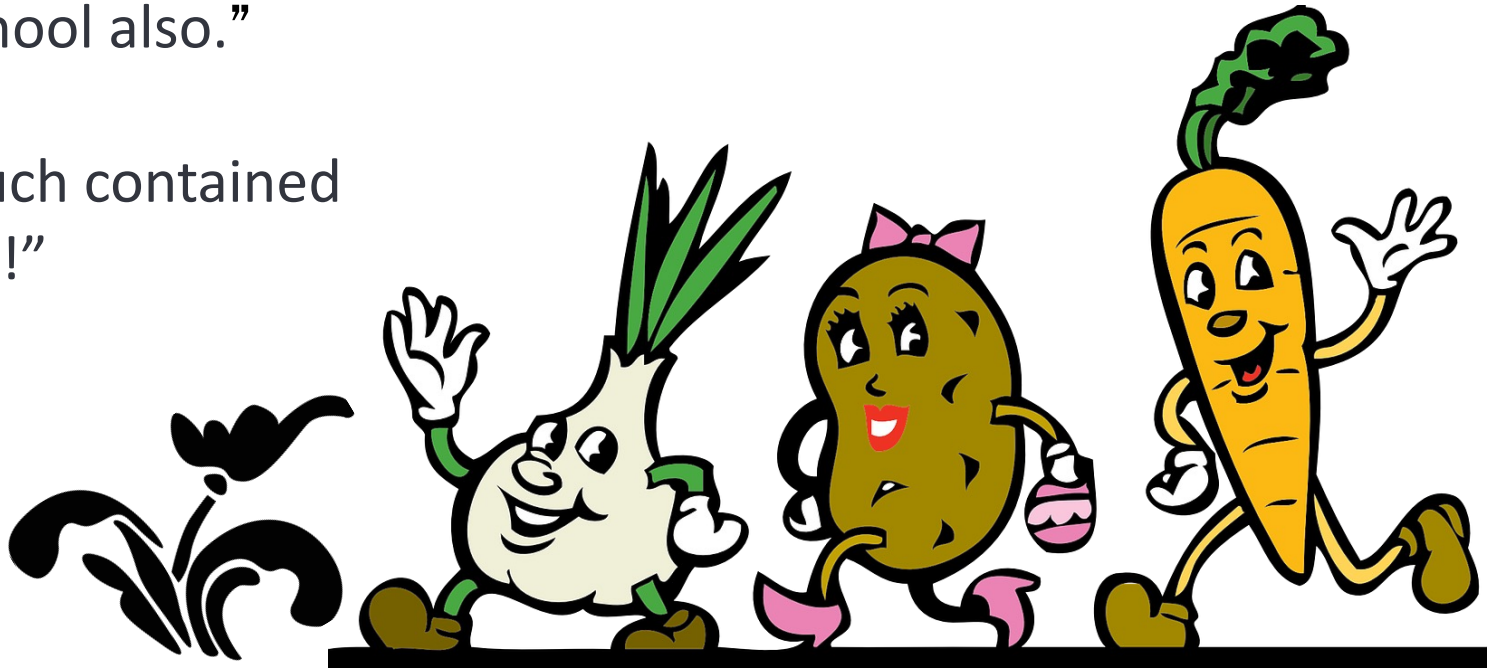
“My students loved this lesson.”

“**Ve**ry relevant, since many students frequent fast food restaurants.

“I have used this assignment for years, love it!”

“Students enjoyed this activity. The posters caused a lot of discussion around the school also.”

“WOW - so much contained in this product!”



This Program is all About the Students…

- The program is classroom and "kid-tested," teacher-approved, and full of real student examples and responses.
- It promotes high student engagement and interaction!
- This curriculum challenges and touches the lives of teens!

Buy it Today, Teach it Tomorrow!

Here is what makes this program unique!!

- This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- Documents and PowerPoints are editable and docs are included in both Word and PDF formats.
- PowerPoints are full of what's trending, photos, and video links teens will appreciate.

- **Thank you for previewing my work on these important topics!**

About the Author:

- I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.

- My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Works Cited:

Owl and Yosemite Photos by me.
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