

LESSON 5: APPLY VARIATION C - MENU MAKE-OVER

BEFORE THE LESSON

Draw 2 grids on the board:

Original Menu

Food Item	Calories	Fat	Sodium	Sugars
Total				

Menu Makeover

Food Item	Calories	Fat	Sodium	Sugars
Total				

DURING THE APPLY ACTIVITY

Ask the class to pick one restaurant: McDonald's, Taco Bell, or Wendy's. After they choose, read the corresponding scenario for the selected restaurant. Pull up the restaurant's website using the links provided.

- McDonald's (<https://www.mcdonalds.com/us/en-us/about-our-food/nutrition-calculator.html>)
- Taco Bell (<https://www.tacobell.com/food>)
- Wendy's (https://menu.wendys.com/en_US/categories/)

Read the scenario for the restaurant the class chose out loud to the class. Ask student volunteers to help you find the nutrition information for each food item in the scenario. As they tell you the amount of calories, fat, sodium, and sugars, write the values in the "Original Menu" table. (Or you can have another student volunteer fill in the table.) *** If short on time, fill in the grid for "Original Menu" with the values provided in the "Answer Key" section of this document. If there is more time, you can look up each food item on the website.*

Discuss the chart. What do they find surprising?

Next, ask them to select an alternative for each food category from the original scenario. Look up the nutrition information for each item and write in the "Menu Makeover" table.

Compare and contrast the two grids. Especially point out the difference in totals.

SCENARIOS

McDonald's Scenario

Marcus is meeting up with his friends at McDonald's on Friday before the game. It's been several hours since lunch and he's really hungry. Marcus orders a double-quarter pounder sandwich with cheese, a medium fry, and a medium Coke.

What changes would you recommend to Marcus to improve his fast food meal?

Food Item	Calories	Fat (g)	Sodium (mg)	Sugars (g)
Double quarter pounder with cheese	770	45	1,290	10
Medium fry	340	16	230	0
Medium Coke	220	0	50	57
Total	1,330 (66% of daily calories)	61 (94% of daily fat)	1,570 (65% of daily sodium)	67 (67% of daily sugar)

Values in the table are for PA's reference only. The class should look up the actual values on the website. Calories: 2,000; Fat: 65 g; Sodium: 2,400 mg; Sugars: 25 tsp (take grams divided by 4)

Taco Bell Scenario

Jordan and her two best friends are hanging out at the mall. As lunchtime draws near, they visit the food court to have lunch. They decide on the Taco Bell kiosk. Jordan orders off the dollar menu because after a morning of shopping, she's low on cash. She orders a Cheesy Bean & Rice Burrito, Cinnamon Twists, and a medium fountain lemonade.

What changes would you recommend to Jordan to improve her fast food meal?

Food Item	Calories	Fat (g)	Sodium (mg)	Sugars (g)
Cheesy Bean & Rice Burrito	430	17	910	4
Cinnamon Twists	170	6	210	13
Medium Tropicana lemonade	260	0	260	67
Total	860 (43% of daily calories)	23 (35% of daily fat)	1,380 (58% of daily sodium)	84 (84% of daily sugar)

Values in the table are for PA's reference only. The class should look up the actual values on the website. Calories: 2,000; Fat: 65 g; Sodium: 2,400 mg; Sugars: 25 tsp (take grams divided by 4)

Wendy's Scenario

After school, Max and his friends decide to bike to Wendy's to hang out, which they do about three afternoons a week. Max wants to have a snack, so he orders a Spicy Chicken Wrap with mayo and a small chocolate Frosty.

Remember that snacks shouldn't have as many calories as a full meal. Keeping this in mind, what changes would you recommend to Max to improve his fast food meal?

Food Item	Calories	Fat (g)	Sodium (mg)	Sugars (g)
Spicy Chicken Wrap	370	20	850	2
Small Chocolate Frosty	350	9	150	47
Total	720 (36% of daily calories)	29 (45% of daily fat)	1,000 (42% of daily sodium)	49 (49% of daily sugar)

Values in the table are for PA's reference only. The class should look up the actual values on the website. Calories: 2,000; Fat: 65 g; Sodium: 2,400 mg; Sugars: 25 tsp (take grams divided by 4)