

Lunch Crunch 2 Activity 1

Investigation: Fast Food Menus

Instructions

Learning Objective

Students are able to identify foods that count as a serving of Fruit or Vegetables versus those that do not from a fast food menu.

Materials

1. “Investigation: Fast Food Menus” worksheet

Teacher Preparation

1. Print one copy of the “Investigation: Fast Food Menus” worksheet for each student.

Instructions

1. Fill out your own “Investigation: Fast Food Menus” worksheet as an example before class begins.
2. Give each student one copy of the “Investigation: Fast Food Menus” worksheet.
3. Explain to students that they are going to be doing an investigation of their favorite fast food restaurant.
4. Read the directions aloud. Have students fill out the Pre-Investigation Information section of the worksheet. Give your own example or other examples for those students that get stuck.
5. Inform students that their homework will be to visit the restaurant or visit the restaurant’s website before the end of the week. They must fill out alternative side items found at that restaurant that count as a serving of fruit or vegetables. If no healthy side items are available at the restaurant they chose, instruct students to list other side items instead. You can also have students fill out the discussion portion during this time if you wish.
6. As a class, go over the discussion section. Brainstorm as a class what healthy side items different fast food restaurants could offer to the public.



Lunch Crunch 2 Activity 1
Investigation: Fast Food Menus
Student Handout

Directions

Much like the restaurants in Lunch Crunch 2, fast food restaurants offer a variety of side items. Today you will be investigating your favorite fast food restaurant to see if their menu offers healthy options.

Pre-Investigation Information

My favorite fast food restaurant

My favorite side items

1. _____

2. _____

3. _____

Menu Investigation

After looking at your favorite fast food restaurant's menu (either online or at the actual restaurant), are side items offered that count as a serving of fruit or vegetables?

Circle: Yes / No

If yes, list three of the fruit and vegetable side items offered.

1. _____

2. _____

3. _____



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If no, list three side items offered other than the favorites you listed above.

1. _____

2. _____

3. _____

Discussion

1. Do you think your favorite fast food restaurant offers enough healthy side item choices? Why or why not?

2. Does your favorite fast food restaurant offer side items that could be mistaken by consumers as a serving of fruit or vegetables? Two popular examples are French fries and strawberry milkshakes. If yes, list them below and explain why they could be misleading.

3. If you were to start a fast food restaurant, what kind of sides would you have on the menu? Are these sides healthy or unhealthy?

