

STATION-TO-STATION FOODS FACTS (CONTINUED)

Approx. Minutes	Activities	Teacher Materials	Student Materials
5	1. Challenge #1 Check	Transparency #6 (Session 3) Overhead Projector	TEENS Group File TEENS Student Notebook and Folder
10	2. Foods for Dudes	Foods for Dudes Session 5 Cassette Cassette Player	
25	3. Fast Food Stations* Sampling Snacks	Station Materials and Supplies	TEENS Peer Leader Guide
5	4. Assignments & Scoring	Parent Pack #2**	Return Card 2
Total: 45			



*See the materials and supplies list at the end of each station. Set up stations before class begins.

**See the Parent Pack section of this manual.

Activity 1: Challenge #1 Check _____

A. Tell students to take out their assignment, **A Challenge I Can Meet – #1**.

1. Ask students to finish listing any more low-fat snacks and beverages with no sugar added they ate or drank during the two days.
2. Project **Transparency 6**, point to the **Day 1** and **Day 2 Challenge Check** sections, and instruct students to complete these if they have achieved their first challenge.
3. Check and date both sections on the transparency, if you achieved your own challenge.

B. Ask for a show of hands of how many students achieved Challenge #1, and **congratulate** those students.

1. Call on a few students to report some of the low fat snacks they ate and/or the beverages with no sugar added that they drank.
 2. Remind students to also check off and rate these snacks on their **Sensational Snacks** page of their notebook, so they can keep a record of all of the low-fat snacks and beverages with no sugar added they eat and drink during TEENS.
- C. Ask those students who did not achieve **Challenge #1** to report some of the problems or barriers that kept them from achieving it.
1. Discuss ways they may be able to overcome some of the barriers, **as time permits**.
 2. **Encourage them to keep trying to achieve this challenge.**

Activity 2: Foods for Dudes _____

- A. Tell students they will now hear another Foods for Dudes radio show. Tell them to clear their desks or tables so they can listen.
- B. Play **Foods for Dudes Session 5 Cassette**.
- C. Briefly discuss some of the main points on the cassette.

ASK:

- How many of you agree with the callers Randy and Katie, that McDonald's shouldn't be a sponsor of the Foods for Dudes Show? Why not?
- How many of you agree with the caller David, who felt it was okay to let McDonald's be a sponsor of the Foods for Dudes Show? Why?
- Do you think most everything sold at fast food restaurants like McDonald's is high in fat?

Activity 3: Station-to-Station Food Facts (Continued) _____

- A. Tell students they will do two more station activities today about Fast Food. Tell students to get into their small groups.

- B. Instruct the Peer Leaders to go to the stations they were assigned in Peer Leader Training.
- C. Explain that there are two stations they will be working at today. There will be two of each station. Students will spend half of the time at a beverage station and half of the time at a fast food station.
- D. Assign each group a station to begin the activity. Remind students that they will need their TEENS Notebooks with them.
- E. After 10-12 minutes, direct students to the next station.

Activity 4: Assignments & Scoring

- A. Inform students that their assignment for the next TEENS class is to choose meals of **24 grams of fat** or less from the menus of at least two of the fast food restaurants discussed today. This would be about one-third of the grams of fat an average teenager should eat in one day.
 - 1. Tell Peer Leaders to find the sheet, **I'm in the Mood for Low-Fat Fast Food** in the Session #5 section of their group files and distribute one to each student.
 - 2. Read aloud (or ask a Peer Leader to read aloud) the directions, and discuss any questions about the assignment, as needed.
 - 3. Emphasize that this assignment is due by the next TEENS class, and tell them to write the date of Session 6 on the **Assignment Due** line at the top of the notebook page.
- B. Hold up a **Parent Pack 2** and tell students that the other assignment today is to take home a return card to go with the next parent pack that will be sent to their parents or the adult they live with.
 - 1. Encourage students to continue returning the **TEENS Coupons** from **Parent Pack 1**.
 - 2. Once again be sure to **enthusiastically emphasize** (or ask a Peer Leaders to emphasize) the details regarding the prize drawing from all of the returned coupons at the end of the TEENS program.

- C. Ask Peer Leaders to look in the Session #5 group file to find and distribute a **Return Card 2** to each member of their group.

REVIEW:

- Take this card home today and tell your parent or adult at home that they will be receiving another TEENS Parent Pack.
- On the card, there is a short assignment that you and an adult in your home need to complete together.
- After you and the adult in your home reads the Parent Pack, finish the assignment together, and ask them to sign the **Back Again Return Card**.
- Bring back the **Return Card 2** as soon as it is signed, and then return it to your Peer Leader, who will record 3 points on your group's scorecard.

- D. Show the card and explain the assignment.
- E. Hand out **Parent Pack #2**.
- F. Tell students to turn to their **Sensational Snacks** list on Page 19 under the Snacks & Recipes section of their notebook.
1. Tell them to find the snack they tasted on the list.
 2. They should evaluate it by filling out their rating of the snack on their **Sensational Snacks** list.
 3. After students have eaten and rated today's snack, ask for some class reactions to the snack, **as time permits**.
 4. Encourage students to continue to try the snacks on this list and then check off and rate them.
- G. Ask Peer Leaders to take out their group's **It All Adds Up Scorecard**.
1. Ask Peer Leaders to record any points in the previous class sections that the members of their group have now scored for completing assignments and/or returning their **Return Card 1**.

2. Ask them to then record any points in the Session #3 section that the members of their group scored for completing their **Challenge #1** assignment due today. Ask them to collect the assignments and put them in the appropriate yellow student folders at the back of the group file.
3. Encourage students who have not completed past assignments, or have not returned their return card, to do so as soon as possible.

Notes & Reminders

- Check with food service staff about picking up the supplies for the snack preparation activities in Session 6.



STATION #5

What's Your Thirst Choice?

Part 1

1. Tell the students to turn to Page 12 in their notebooks to find the sheet labeled Station #5.
2. **Tell students:** Pretend that there are no such things as sports drinks, sugary fruit drinks, or pop – that they have not been invented yet. The only things that you can have to drink would be water, milk, or 100% fruit juice.

Look at the chart on your notebook page. Under Column A write what you would have to drink at the times listed on the left side of the chart if there were no sports drinks, sugary fruit drinks, or pop. Remember, your only choices are milk, 100% fruit juice, or water.

A	B	C
Breakfast		
Snack		
Lunch		
Snack		
Snack		
Dinner		
Snack		

3. After they have completed Column A, **tell students:** Now fill in Column B with what you usually drink at those times of day on an average day. Now you can include pop, sports drinks, or sugary fruit drinks – whatever you usually drink.
4. When the students have completed Column B ask each one in the group to briefly state how their two lists compared.



STATION #5

What's Your Thirst Choice? (Continued)

5. **Tell students:** Now fill in Column C by comparing the two lists in Columns A and B and figuring out:
- One time that you could have milk instead of pop, a sports drink, or a sugary fruit drink.
 - One time that you could have 100% fruit juice instead of pop or a sports drink or a fruit drink.

6. Ask each student what they wrote in Column C. Tell them to try this tomorrow!
7. **Ask students:** Why do you think you should be drinking more water, 100% juice and milk instead of pop?
8. **Read to your group:**

Regular pop is high in calories but that is it! It has no nutrients that our bodies need, especially at this time when our bodies are growing so much. Although diet pop doesn't have any calories it may fill you up so that you don't eat or drink the types of foods that your body needs to keep you healthy and growing.

100% juice and fat-free or low-fat milk give you energy and important nutrients to help you grow and be strong. A 12-oz. glass of 1% milk and a 12 oz. can of pop have about the same amount of calories. The pop fills you up with calories that have no nutrients or health benefits while the milk provides calcium for your teeth and bones that will benefit your body for the rest of your life! Your teen years are the most important time to drink milk or eat dairy products since this is when calcium is being stored.

Most of us do not drink enough water. Our bodies need 8 glasses or 64 ounces of just plain water every day. If you are thirsty, go for water. We need water to cool our bodies, flush out waste and toxins in our body, and to keep our cells, muscles and skin moist and healthy. Now is a great time to set a personal goal for ourselves to drink more milk, juice, and water.

Fun fact:

If you drank an extra can of Coke every day for one year and everything else stayed the same, you would gain 15 pounds of body fat! Sugar turns into body fat if you eat more calories than your body needs to grow, move, and be active.



STATION #5

What's Your Thirst Choice?

Part 2

- Tell students:** We will now compare fruit juice and fruit drinks.
Do you think that fruit juice and fruit drinks have the same amounts of nutrients?
(No)
- Show the orange juice box and the Capri Sun juice drink.
Tell students: Both packages contain the same amount of liquid. Can you guess what percent of the vitamin C that your body needs every day is in each drink? Write your guess down on #1 on Page 13.
- Ask one student:** Please read the orange juice label to find the answer.
Ask another student: Please read the Capri Sun label to find the answer.
Tell them to write the correct answers on their sheet in the correct answer box.
(The orange juice has 80% of the daily recommended amount of vitamin C and the Capri Sun has none.)
- Ask another student:** Please read the amounts of calories on each of the labels.
(They both have 100 calories per serving size).

Tell students: The fruit juice and the fruit drink have the same amount of calories, but the fruit juice has 80% of the vitamin C our bodies need every day. In addition, the orange juice comes with other important nutrients like folate, thiamin and potassium. The companies that make fruit drinks want us to believe that those drinks are just as healthy as orange juice but they are mostly sugar with a little fruit juice added.
- Show students a can of Mountain Dew. **Ask students:** Do you think there are any nutrients in this can of pop?
(No)
- Tell Students:** Pop is mostly sugar. Now, guess how many teaspoons of refined sugar is in one can of Mountain Dew. Write down your answer on #2 of your sheet.
- Spoon out nine teaspoons of sugar into a cup. **Tell students:** This is how much refined sugar is in a can of Mountain Dew. Write the correct answer on your sheet.
Ask one student: Please read the label to see how many grams of sugar are on the label. (46 grams of sugar. 5 grams of sugar equals approximately one teaspoon).



Station #5 - Part 2 (Continued)

8. Ask two other students to read the labels on the juice and the Capri Sun to see how much sugar is in them.
Tell students: The sugar in the Capri Sun is also refined or added sugar. Can you guess how much refined sugar is in this package of Capri Sun? Write your answer in #3 on your sheet.
9. Spoon out five teaspoons of sugar into another cup. **Tell students:** This is how much refined sugar is in this package of Capri Sun. The orange juice has sugar, however, it is the natural sugar in fruit. No extra refined sugar is added to 100% fruit juice.
10. Prepare the Juice Jazz recipe on Page 13 with the students and have them taste it. They can find the recipe in their TEENS notebooks on Page 14.

Supplies Needed:

1 orange juice box
1 package Capri Sun
1 can Mountain Dew
Sparkling water
100% fruit juice
1/4 cup measure
1/2 cup measure
1 measuring teaspoon
1 box of refined sugar
2 clear plastic cups
Paper cups (7 oz.)



Station #5

What's your Thirst Choice?

Part 1

	A	B	C
Breakfast			
Snack			
Lunch			
Snack			
Snack			
Dinner			
Snack			

Regular pop is high in calories but that is it! It has no nutrients that our bodies need, especially at this time when our bodies are growing so much. Although diet pop doesn't have any calories it may fill you up so that you don't eat or drink the types of foods that your body needs to keep you healthy and growing.

100% juice and fat-free or low-fat milk give you energy and important nutrients to help you grow and be strong. A 12-oz. glass of 1% milk and a 12 oz. can of pop have about the same amount of calories. The pop fills you up with calories that have no nutrients or health benefits while the milk provides calcium for your teeth and bones that will benefit your body for the rest of your life! Your teen years are the most important time to drink milk or eat dairy products since this is when calcium is being stored.

Most of us do not drink enough water. Our bodies need 8 glasses or 64 ounces of just plain water every day. If you are thirsty, go for water. We need water to cool our bodies, flush out waste and toxins in our body, and to keep our cells, muscles and skin moist and healthy. Now is a great time to set a personal goal to drink more milk, juice, and water.

Fun fact:

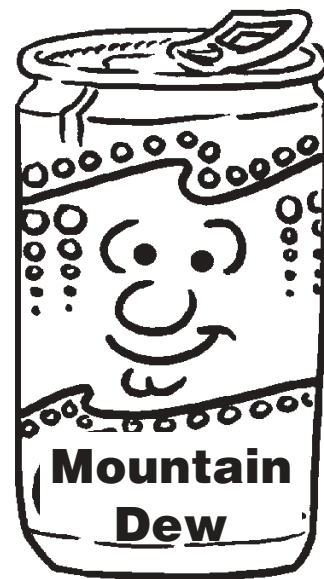
If you drank an extra can of Coke every day for one year and everything else stayed the same you would gain 15 pounds of body fat! Sugar turns into body fat if you eat more calories than your body needs to grow, move, and be active.



Station #5

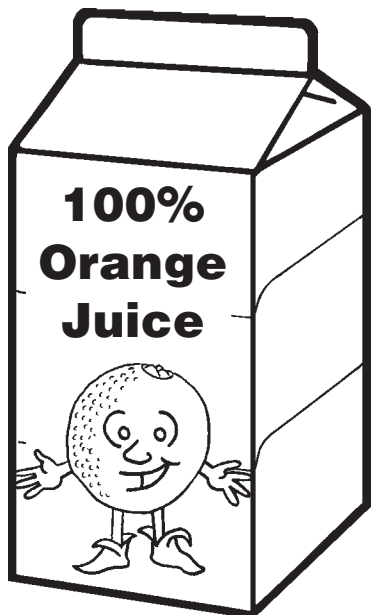
What's Your Thirst Choice?

Part 2



Best Guess:

1. The orange juice box provides _____ % of the Vitamin C you need every day.
The Capri Sun provides _____ % of the Vitamin C you need every day.
2. The number of teaspoons of refined sugar in a can of Mountain Dew is _____ .
3. The number of teaspoons of refined sugar in a package of Capri Sun is _____ .



Correct Answer:

1. The orange juice box provides _____ % of the Vitamin C you need every day.
The Capri Sun provides _____ % of the Vitamin C you need every day.
2. The number of teaspoons of refined sugar in a can of Mountain Dew is _____ .
3. The number of teaspoons of refined sugar in a package of Capri Sun is _____ .

JUICE JAZZ

Ingredients:

1/2 cup 100% fruit juice, chilled
1/4 cup sparkling mineral water, chilled
Ice cubes, if available

Directions:

Measure the juice and pour into a paper cup.
Measure the sparkling mineral water and add to the juice.
Stir the mixture carefully.
Add one or more ice cubes, if available



Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____



STATION #6

Fast Food Facts

1. **Tell students:** Turn to Page 15 in your TEENS Notebooks to find the sheet labeled Station #6.
2. **Tell students:** We're going to pretend that I'm taking all of you out to one of your favorite fast food restaurants and I'm buying. On your sheet you can see the names of four fast food restaurants: McDonald's, Subway, Taco Bell, and Domino's Pizza. Each of you should pick your favorite restaurant out of these four and circle it on your sheet.

Now, I'm going to give each of you a copy of the menus from the restaurants. Find your menu and then write down what you would choose to eat for lunch – remember, I'm buying.

3. Hand out the menu sheets that **DO NOT** have the grams of fat listed.
4. After they have finished filling in their order, give the students the menus that **DO** have the fat grams listed.

Tell students: Here are the same menu sheets with the fat grams listed. Now look at this menu and write down the amount of fat in each item you ordered in the column on the right. After you have listed all the fat grams, add them up to see how much total fat is in your lunch.

5. Ask some of the students to say what they ordered and how much fat was in their meal.
6. **Tell students:** Now, I'm going to show you how much fat you are eating in these meals. Four grams of fat is equal to one teaspoon of fat. Divide the number of grams of fat in your meal by four and that will be the number of teaspoons of fat you would be eating. Do this now at the bottom of your sheet.
7. Ask as many students as possible to tell you the number of teaspoons of fat that was in their meal. For each meal, spoon out that many teaspoons of shortening into a plastic cup like you did in Peer Leader Training.



STATION #6

Fast Food Facts (Continued)

8. **Tell students:** You might be wondering how much fat is okay to eat. People our age should eat about 2200 calories each day. For some people, it's more and for some, it's less. Some of these calories should come from fat. Teens need between 66 and 83 grams of fat every day. Again, for some people it might be a little more or a little less. Let's say for this activity you need about 73 grams of fat every day. So, if you eat three meals a day, then a meal should contain about $\frac{1}{3}$ of the 73 grams you should eat every day, or 24 grams of fat. Do any of your meals contain 24 grams of fat? Look at the menus again. Can anyone come up with a meal that is 24 grams of fat or lower?
9. **Tell students:** Keep this activity in mind the next time you go to a fast food restaurant.

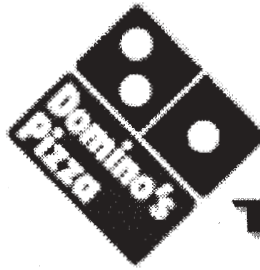
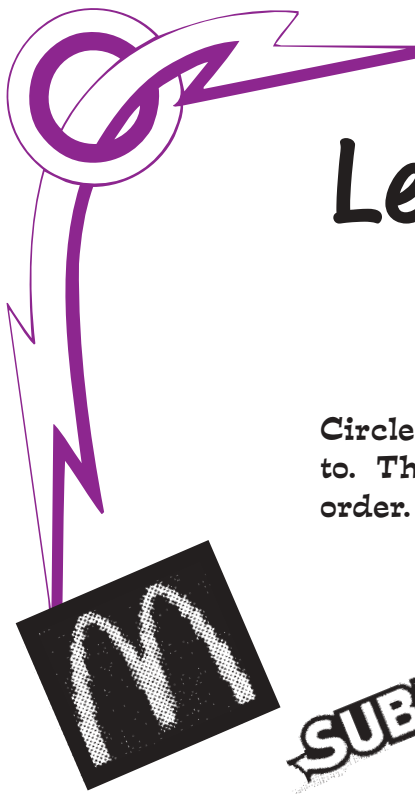
Supplies needed:

Menus without grams of fat (one per student)
Menus with grams of fat (one per student)
Clear plastic cups (one per student)
Can of shortening
Teaspoons
Paper towels

Station #6

Let's Go for Lunch - I'm Buying!

Circle the restaurant you go to most often or would like to go to. Then look at the menu and write down what you would order.



Menu	Fat Grams
Total grams:	
$\text{Total grams of fat} \div 4 = \text{Total teaspoons of fat:}$	



Cold Subs

Cold Cut Trio Sub, 6-inch
Ham Sub, 6-inch
Roast Beef Sub, 6-inch
Tuna Sub 6-inch
Turkey Breast Sub, 6-inch
Veggie Delite™ Sub, 6-inch

Hot Subs

Meatball Sub, 6-inch
Roasted Chicken Breast Sub, 6-inch
Steak & Cheese Sub, 6-inch

Deli Style Sandwiches

Bologna Sandwich, 6-inch
Turkey Breast Sandwich, 6-inch

Salads

Chicken Taco Salad
Cold Cut Trio Salad
Roasted Chicken Breast Salad
Tuna Salad
Veggie Delite Salad

Salad Dressings

Creamy Italian Salad Dressing
French Salad Dressing
French Salad Dressing, Fat Free
Italian Salad Dressing, Fat Free
Ranch Salad Dressing
Ranch Salad Dressing, Fat Free

Condiments

Cheese
Mayonnaise
Mayonnaise, Light
Mustard

Cookies

Chocolate Chip Cookie
Oatmeal Raisin Cookie
Sugar Cookie

Soft Drinks

Coca-Cola Classic®, medium 21 oz
Diet Coke®, medium 21 oz
Sprite®, medium 21 oz

Other Beverages

Milk, 1% (8 oz)
Orange Juice (6 oz)



Sandwiches

Arch Deluxe™

Big Mac®

Cheeseburger

Hamburger

Quarter Pounder®

Quarter Pounder® with Cheese

Chicken McNuggets®

Chicken McNuggets®, 4-Piece

Chicken McNuggets®, 6-Piece

Chicken McNuggets®, 9-Piece

Side Orders

French Fries, small

French Fries, large

French Fries, Super Size®

Salads

Garden Salad

Grilled Chicken Deluxe Salad

Salad Dressings

Caesar Salad Dressing

Herb Vinaigrette Salad Dressing,

Fat Free

Ranch Salad Dressing

Red French Salad Dressing,

Reduced Calorie

Condiments

Barbeque Sauce

Croutons

Honey Mustard

Desserts

Baked Apple Pie

Hot Fudge Sundae

Vanilla Ice Cream Cone, Reduced Fat

Shakes

Chocolate Shake, small

Vanilla Shake, small

Soft Drinks

Coca-Cola Classic®, medium (21 oz)

Diet Coke®, medium (21 oz)

Sprite®, medium (21 oz)

Other Beverages

Milk, 1%

Orange Juice



Tacos

BLT Soft Taco
Double Decker™ Taco
Soft Taco
Soft Taco Supreme®
Taco

Burritos

Bean Burrito
Big Beef Burrito Supreme®
Chili Cheese Burrito

Specialties

Cheese Quesadilla
Chicken Quesadilla
Taco Salad with Salsa
Taco Salad with Salsa (without shell)

Border Wraps™

Chicken Fajita Wrap™
Steak Fajita Wrap™
Veggie Fajita Wrap

Border Lights™

Light Chicken Burrito
Light Chicken Soft Taco

Side Orders

Cinnamon Twists
Nachos
Nachos BellGrande®
Pintos 'n Cheese

Condiments

Cheddar Cheese
Guacamole
Hot Taco Sauce
Salsa
Sour Cream
Sour Cream, Non-Fat

Soft Drinks

Pepsi Cola® (16 oz)
Diet Pepsi® (16 oz)
Dr. Pepper® (16 oz)
Mountain Dew® (16 oz)
0

Other Beverages

Milk, 2% (8 oz)
Orange Juice (6 oz)



Medium (12") Pizzas

- Deep Dish Pizza (2 slices)
- Hand Tossed Pizza (2 slices)
- Thin Crust Pizza (1/4 pizza)

"Add a Topping" For Medium Pizza, Per Slice

- Anchovies
- Bacon
- Banana Peppers
- Cheddar Cheese
- Extra Cheese
- Fresh Mushrooms
- Green Olives
- Green Peppers
- Ham
- Italian Sausage
- Onion
- Pepperoni
- Pineapple Tidbits
- Pre-cooked beef
- Ripe Olives

Side Orders

- Barbecue Wings (1 piece)
- Breadsticks (1 piece)
- Cheesy Bread
- Hot Wings

Salads

- Garden Salad, small
- Garden Salad, large

Marzetti® Salad Dressings

- Cream Caesar Salad Dressing
- Honey French Salad Dressing
- House Italian Salad Dressing
- Italian Salad Dressing, Light
- Ranch Salad Dressing
- Ranch Salad Dressing, Fat-Free

Soft Drinks

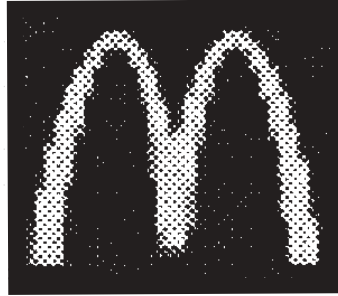
- Coca-Cola Classic®, medium (21 oz)
- Diet Coke®, medium (21 oz)
- Sprite®, medium (21 oz)

Other Beverages

- Milk, 1%
- Orange Juice



	<u>Total Fat (g)</u>
Cold Subs	
Cold Cut Trio Sub, 6-inch	13
Ham Sub, 6-inch	5
Roast Beef Sub, 6-inch	5
Tuna Sub 6-inch	32
Turkey Breast Sub, 6-inch	4
Veggie Delite™ Sub, 6-inch	3
Hot Subs	
Meatball Sub, 6-inch	16
Roasted Chicken Breast Sub, 6-inch	6
Steak & Cheese Sub, 6-inch	10
Deli Style Sandwiches	
Bologna Sandwich, 6-inch	12
Turkey Breast Sandwich, 6-inch	4
Salads	
Chicken Taco Salad	14
Cold Cut Trio Salad	11
Roasted Chicken Breast Salad	4
Tuna Salad	30
Veggie Delite Salad	1
Salad Dressings	
Creamy Italian Salad Dressing	6
French Salad Dressing	5
French Salad Dressing, Fat Free	0
Italian Salad Dressing, Fat Free	0
Ranch Salad Dressing	9
Ranch Salad Dressing, Fat Free	0
Condiments	
Cheese	3
Mayonnaise	4
Mayonnaise, Light	2
Mustard	0
Cookies	
Chocolate Chip Cookie	10
Oatmeal Raisin Cookie	8
Sugar Cookie	12
Soft Drinks	
Coca-Cola Classic®, medium 21 oz	0
Diet Coke®, medium 21 oz	0
Sprite®, medium 21 oz	0
Other Beverages	
Milk, 1% (8 oz)	3
Orange Juice (6 oz)	0



	<u>Total Fat (g)</u>		<u>Total Fat (g)</u>
Sandwiches		Condiments	
Arch Deluxe™	31	Barbeque Sauce	0
Big Mac®	31	Croutons	2
Cheeseburger	13	Honey Mustard	5
Hamburger	9	Desserts	
Quarter Pounder®	21	Baked Apple Pie	13
Quarter Pounder® with Cheese	30	Hot Fudge Sundae	12
		Vanilla Ice Cream Cone, Reduced Fat	5
Chicken McNuggets®		Shakes	
Chicken McNuggets®, 4-Piece	11	Chocolate Shake, small	9
Chicken McNuggets®, 6-Piece	17	Vanilla Shake, small	9
Chicken McNuggets®, 9-Piece	26	Soft Drinks	
		Coca-Cola Classic®, medium (21 oz)	0
		Diet Coke®, medium (21 oz)	0
		Sprite®, medium (21 oz)	0
Side Orders		Other Beverages	
French Fries, small	10	Milk, 1%	3
French Fries, large	22	Orange Juice	0
French Fries, Super Size®	26		
Salads			
Garden Salad	0		
Grilled Chicken Deluxe Salad	2		
Salad Dressings			
Caesar Salad Dressing	14		
Herb Vinaigrette Salad Dressing, Fat Free	0		
Ranch Salad Dressing	21		
Red French Salad Dressing, Reduced Calorie	8		



	<u>Total Fat (g)</u>
Tacos	
BLT Soft Taco	23
Double Decker™ Taco	15
Soft Taco	10
Soft Taco Supreme®	13
Taco	10
Burritos	
Bean Burrito	12
Big Beef Burrito Supreme®	23
Chili Cheese Burrito	13
Specialties	
Cheese Quesadilla	18
Chicken Quesadilla	19
Taco Salad with Salsa	52
Taco Salad with Salsa (without shell)	22
Border Wraps™	
Chicken Fajita Wrap™	21
Steak Fajita Wrap™	21
Veggie Fajita Wrap	19
Border Lights™	
Light Chicken Burrito	8
Light Chicken Soft Taco	5
Side Orders	
Cinnamon Twists	8
Nachos	18
Nachos BellGrande®	39
Pintos ‘n Cheese	8
Condiments	
Cheddar Cheese	2
Guacamole	3
Hot Taco Sauce	0
Salsa	0
Sour Cream	4
Sour Cream, Non-Fat	0
Soft Drinks	
Pepsi Cola® (16 oz)	0
Diet Pepsi® (16 oz)	0
Dr. Pepper® (16 oz)	0
Mountain Dew® (16 oz)	0
Other Beverages	
Milk, 2% (8 oz)	5
Orange Juice (6 oz)	0



	<u>Total Fat (g)</u>
Medium (12") Pizzas	
Deep Dish Pizza (2 slices)	22
Hand Tossed Pizza (2 slices)	11
Thin Crust Pizza (1/4 pizza)	12
“Add a Topping” For Medium Pizza, Per Slice	
Anchovies	1
Bacon	9
Banana Peppers	0
Cheddar Cheese	5
Extra Cheese	4
Fresh Mushrooms	0
Green Olives	2
Green Peppers	0
Ham	1
Italian Sausage	6
Onion	0
Pepperoni	7
Pineapple Tidbits	0
Pre-cooked beef	7
Ripe Olives	2
Side Orders	
Barbecue Wings (1 piece)	2
Breadsticks (1 piece)	4
Cheesy Bread	6
Hot Wings	2
Salads	
Garden Salad, small	0
Garden Salad, large	0
Marzetti® Salad Dressings	
Cream Caesar Salad Dressing	22
Honey French Salad Dressing	18
House Italian Salad Dressing	24
Italian Salad Dressing, Light	1
Ranch Salad Dressing	29
Ranch Salad Dressing, Fat-Free	0
Soft Drinks	
Coca-Cola Classic®, medium (21 oz)	0
Diet Coke®, medium (21 oz)	0
Sprite®, medium (21 oz)	0
Other Beverages	
Milk, 1%	3
Orange Juice	0

Station #5

Station #6

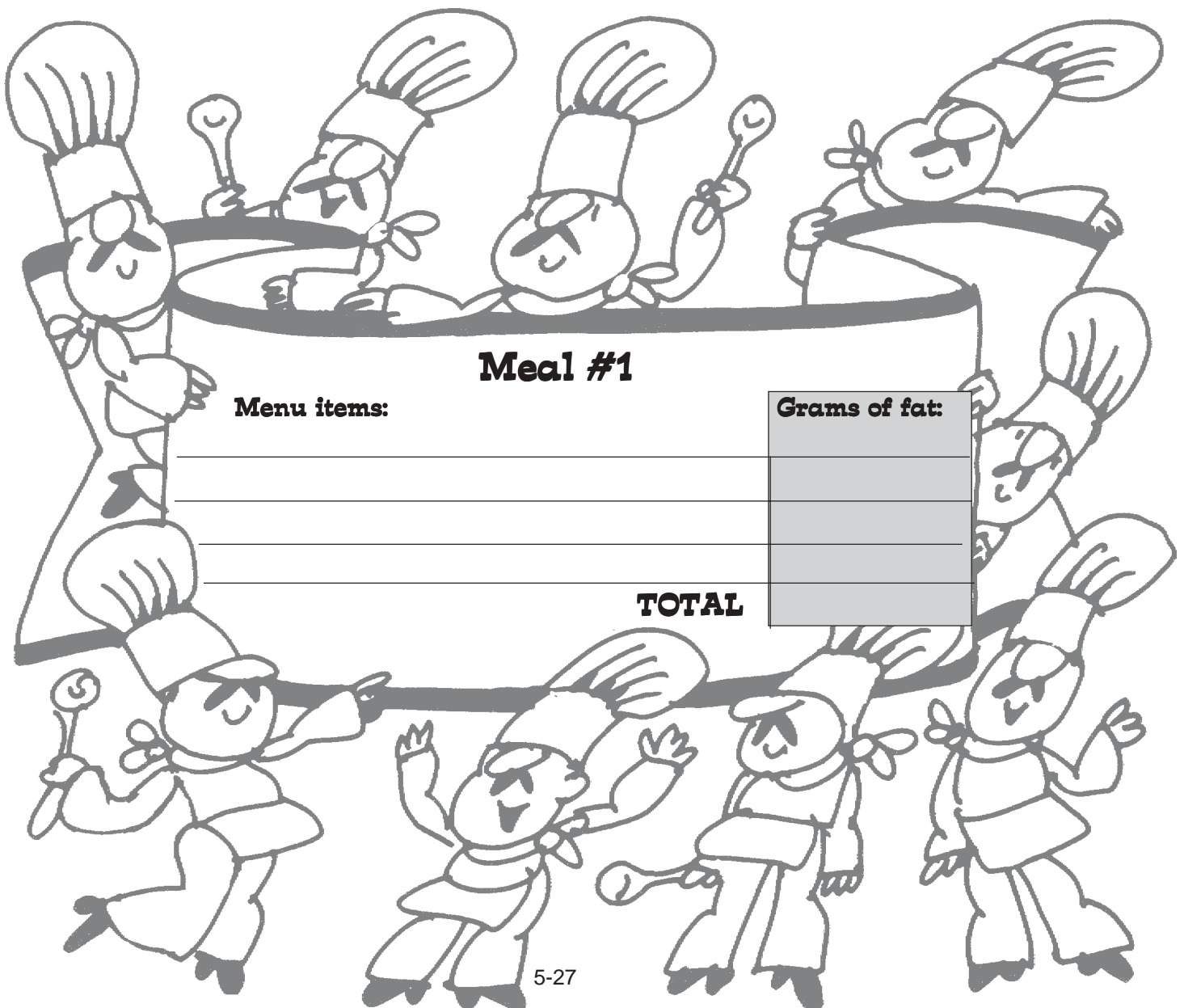
Name

Date due

I'm in the Mood for Low-Fat Fast Food

Directions: Look over at least two of the fast food menus you received during class today. Choose one or two meals of no more than **24 grams of fat each**, that you think you would like to eat at the restaurant. List on the lines below the name of the restaurant, the menu items you would choose to eat, and the number of grams of fat in each item.

Name of restaurant: _____



I'm in the Mood for Low-Fat Fast Food (Continued)

Name of restaurant: _____

Meal #2

Menu items:	Grams of fat:
_____	_____
_____	_____
_____	_____
TOTAL	_____

Teens RETURN CARD #2

Research has shown that eating a diet high in fruits and vegetables can prevent some kinds of cancer. Many parents say that they try to get their children to eat more vegetables, but it seems like an impossible task. This week take a moment to ask your teen what vegetables they would eat (French fries don't count!), how they would like them prepared and decide on a meal when they would be served. Then follow through and serve the vegetable at that meal. Then try it again next week! Use the lines below to help you plan.

Vegetable my teen would like: _____

How prepared: _____

To be served at _____ on _____
Meal Day

- Yes! I read the Parent Pack information and will send my coupons when we have completed some of the activities.
- Yes! We did the Parent Pack Assignment on this Return Card!

Print name of student

Parent/Guardian signature

Teens RETURN CARD #2

Research has shown that eating a diet high in fruits and vegetables can prevent some kinds of cancer. Many parents say that they try to get their children to eat more vegetables, but it seems like an impossible task. This week take a moment to ask your teen what vegetables they would eat (French fries don't count!), how they would like them prepared and decide on a meal when they would be served. Then follow through and serve the vegetable at that meal. Then try it again next week! Use the lines below to help you plan.

Vegetable my teen would like: _____

How prepared: _____

To be served at _____ on _____
Meal Day

- Yes! I read the Parent Pack information and will send my coupons when we have completed some of the activities.
- Yes! We did the Parent Pack Assignment on this Return Card!

Print name of student

5-29

Parent/Guardian signature

FOODS FOR DUDES

Session Five

- Donny:** Hey, I hear a munch, I hear a crunch, it's time for lunch and FOODS FOR DUDES with Donny —
- Darlene** And Darlene. Welcome to FOODS FOR DUDES, the call-in show for kids who like to eat—and who doesn't? (*haha*)
- Donny:** Nobody I know, Darlene. Say, we have a problem here, listeners, we have a problem and we need your help to solve it.
- Darlene** Listen up, out there because we have a true moral dilemma here, an ethical puzzle of sorts, I would definitely say.
- Donny:** As a matter of fact we're going to stray from our usual format today because this is of vital concern to all of us. I'd say that, wouldn't you, Darlene?
- Darlene** Definitely, Donny. Definitely I'd say that. I'm going to say that. This is of vital concern to all of us. There, I said it.
- Donny:** I'll say. So all you dudes out there, here is the problem. McDonald's has offered to sponsor our show. Did you hear that? McDonald's has offered to sponsor our show.
- Darlene:** What we'd like to do right now is open up the phone lines and hear from as many of you as possible about why you do or don't think we should have McDonald's as a sponsor of FOODS FOR DUDES, nationally recognized as one of the most popular health shows on the air and I mean on the air. What are we gonna do, Donny?
- Donny:** Don't worry, Dar. Whenever we've needed guidance our listeners have come through. They're our light, our beacon in the night, our Rudolph the Red Nosed Reindeer. . . our . . .
- Darlene** Our Rudolph the Red Nosed Reindeer?
- Donny:** You know, (*sings*) then one foggy Christmas Eve Santa came to say, Rudolph with your nose so bright, won't you guide my sleigh tonight . . .
- Darlene** Alright already. Here's our first caller. You're on the air.
- Randy:** Hi, I'm Randy and I'm from Tulsa, Oklahoma.
- Donny:** (*sings*) Oklahoma where the wind comes sweeping down the plain . . . Hey, Randy! So what do you think? Should McDonald's be a sponsor of our show?
- Randy:** I don't think so because your show is all about healthy foods and McDonald's isn't exactly healthy.

Donny: That's partly true, there are foods that are high in fat at McDonald's like Big Mac's and the apple pies, the French fries of course if you eat a lot of them, but they also have salads and grilled chicken sandwiches —there are some low fat foods there.

Darlene: It's all in what you choose, but that is a very worthwhile comment Randy and we thank you. We're going to move on to the next caller. We want to hear from as many of you as possible. Hello, you're on the air.

David: Hi, this is David from Mobile, Alabama.

Donny: (*sings*) Stars fell on Alabama last night . . . David, okay, let 'er rip. What do you think?

David: I think you should let McDonald's be a sponsor of your show because kids are gonna go there so deal with it, you know?

Darlene: This is a big deal to deal with. Thanks for your comment, David. I get it, Donny. I get it. Kids are going to go to McDonald's no matter what, so it's just a matter of knowing what to do when you get there. Like instead of ordering a Big Mac you could have three regular hamburgers and still not have as much fat as one Big Mac.

Donny: I see your point. Like instead of having a Super Size fries you could have a medium or a small order of fries.

Darlene: And you don't even have to have a burger. You could have a fish sandwich or a grilled chicken sandwich and it even comes with lettuce and tomato. This is good, David, this is helpful.

Donny: The phones are going crazy. Here's the next caller. Hello, you're on the air.

Katie: This is Katie from Casper Wyoming.

Donny: (*sings*) Casper, the friendly ghost, the friendliest ghost I know... Hey, K-K-K-Katie, what do you think? Yes, McDonald's or no, McDonald's?

Katie: I think if you let McDonald's sponsor your show it's like selling out. McDonald's is just out to make money. They could care less about our health. You know all those law suits against the tobacco companies for selling cigarettes that cause lung cancer. I'll bet in fifty years people will be suing places like McDonald's for giving them heart attacks! I can't believe you'd even consider it! You guys are better than that! You actually care about us kids!

Darlene: I think I'm going to cry, Katie. Yes, there is a tear coming down my cheek right now. There really is.

Donny: She's right, Katie. I have to admit I'm a bit misty myself. Here, Dar, have a Kleenex.

Darlene (*Sound of nose blowing.*) Thank you for that, Katie. Thank you so much. You know, it's true, McDonald's is in business for the money and believe me, if we were just in this for the money we wouldn't be doing what we're doing.

Donny: You got that right, Darlene. Hey, Katie, thanks for that great response. We've got lots of callers on the line. Hello, you're on the air.

Thea: Hi, this is Thea from Warren, Vermont.

Donny: (*sings*) Warren in the world is Carmen Sandiego?

Darlene Donny, you never cease to amaze me.

Donny: I never cease to amaze me! Okay, Thea, what do you Thea over the deep blue thee? Just kidding. Okay, Thea, lay it on me! What do you think? Yes McDonald's or no McDonald's?

Thea: I think yes, because it's my favorite food and my little sister loves the toys.

Donny: Aha, the toys! The toys! Aha! The toys! What about the toys?

Darlene I think I see your point, Thea. McDonald's attracts children and of course their parents by offering them free toys in the Happy Meals. If kids associate us with McDonald's they'll associate us with fun and games. Is that what you were trying to say, Thea?

Thea: Um, I don't...

Donny: Or, were you trying to bring up the point that McDonald's uses children to get their parents to go to McDonald's and that if we have McDonald's as a sponsor our listeners will think we're trying to influence them by having them associate us with McDonald's? Is that it, Thea?

Thea: Well, I...

Darlene Or were you thinking that little kids think toys are a good thing so will they think that everything at McDonald's is good for them – even the foods that are high in fat, like chicken McNuggets? Was that it, Thea?

Thea: I..um..

Donny: Or were you thinking that since the toys are fun, if our health show is sponsored by McDonald's kids will think health is fun? Was that it, Thea?

Thea: I JUST LIKE THE FOOD AND MY SISTER JUST LIKES THE TOYS!
(*sound of phone slamming*)

Darlene Oh, dear, she must be having a bad day. Don't worry Thea, it'll get better. Auntie Darlene promises!

Donny: I'm feeling overwhelmed, Darlene, there are hundreds of callers on the line and we're almost out of time. We need to do this scientifically.

Darlene You're right, Donny. This is a matter for science to decide. We are about to conduct a scientific analysis of the situation, but our time is running out. This is Darlene—

Donny: And Donny signing off till next time on—

**Don &
Darlene** Foods for Dudes

Darlene And remember, we eat lunch.

Donny: So you eat lunch.

Darlene Okay, let's flip a coin, tails McDonald's, heads....