STUDENT WORKSHEET

ACTIVITY 1A: EATING ON THE GO!

Name _____ Date _____ Class/Hour _____

Directions:

1. Determine the personal daily calorie needs and sodium and saturated fat limits for yourself (or someone else) by using the MyPlate Plan calculator.
2. Record the name of a favorite fast food restaurant and the components of a meal that you would like to eat or have eaten there.
3. Use the internet to research your meal and record the appropriate data on your worksheet. [Remember that online menu information will depend upon (1) whether or not the chosen establishment is covered under the menu labeling requirements, and (2) whether a customer can use the online menu to place an order. Additionally, restaurants may provide the information voluntarily.]

a. Personal Daily Calorie Needs: _____

b. Personal Daily Sodium Limit: _____

c. Personal Daily Saturated Fat Limit: _____

d. Name of Restaurant: _____

Food Name	Total calories	Saturated Fat (g)	*Trans* fat (g)	Sodium (mg)	Total Carbohy-drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Total								

Things to remember for this activity

- The *Dietary Guidelines for Americans*, 2020-2025 recommends consuming less than 10% of calories per day from saturated fats.
- Each gram of protein has 4 calories; each gram of carbohydrates has 4 calories; and each gram of fat has 9 calories.

1. If you eat this meal, how many more calories should you eat for the rest of the day (based on your daily calculated calorie needs)? _____
2. How many of the calories in this meal are from saturated fat? _____
3. Considering the personal daily calorie needs you calculated, what is the limit for how many of your calories a day should come from saturated fat? _____
4. If you eat this meal, how much more saturated fat could you eat today and stay within the recommended limit? _____
5. How much of your daily sodium limit does this meal have? _____
6. Based on the data you researched, do you think this is a healthy meal? Justify your response. _____

_____

STUDENT WORKSHEET

ACTIVITY 1B: EATING ON THE GO! A HEALTHIER OPTION

Name _____ Date _____ Class/Hour _____

Directions: Use the same favorite restaurant from your Activity 1A worksheet to search for versions to make your meal healthier.

Name of Restaurant _____

Food Name	Total calories	Saturated Fat (g)	*Trans* fat (g)	Sodium (mg)	Total Carbohy-drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Total								

Things to remember for this activity

- The *Dietary Guidelines for Americans*, 2020-2025 also recommends consuming less than 10% of total calories per day from saturated fats.
- Each gram of protein has 4 calories; each gram of carbohydrates has 4 calories; and each gram of fat has 9 calories.

1. If you eat this meal, how many more calories should you eat for the rest of the day (based on your daily calculated calorie needs)? _____

2. How many of the calories in this meal are from saturated fat? _____

3. Considering the personal daily calorie needs you calculated, what is the limit for how many of your calories a day should come from saturated fat? _____

4. If you eat this meal, how much more saturated fat can you eat today and stay within the recommended limit? _____

5. How much of your daily sodium limit does this meal have? _____

6. How did you use the data to determine that this meal is a healthier choice? _____

_____

STUDENT REVIEW WORKSHEET
EATING ON THE GO!

Name _____ Date _____ Class/Hour _____

1. What is meant by a healthy eating pattern?

_____

_____

_____

2. What information will you be able to find on most restaurant menus that will help you make healthy decisions about the food you order? Why is this information important?

_____

_____

_____

3. Which restaurants are required to meet the menu labeling requirements?

_____

_____

_____

4. In restaurants where the calorie information is on the menu, what additional information should the restaurant have available for the consumer?

_____

_____

_____

5. When you made the choices for your healthier fast food meal, which nutrients played the most important role in making those choices?

_____

_____

_____

6. List at least three tips you would use to order a healthier meal when eating out, and explain why you would use them.

_____

_____

_____

7. Why is it important to know your personal daily calorie needs, and your sodium and saturated fat limits?

_____

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