

LESSON 2: LUNCH AT THE MALL

Overview of Lesson

It is a common myth that healthy foods can't readily be found in "fast-food" restaurants. In past decades that was often true, but today, the truth is that many fast-food venues—including restaurants, convenience stores and shopping mall "food courts"—offer healthy menu options. On the Lesson 2: *Lunch at the Mall* video, three students eat lunch at a mall food court. Their lunch **options** and ultimate choices provide the core discussion for the lesson. Since traditional fast foods tend to be high in calories and fat and tend to be served in jumbo-sized servings, this lesson teaches that knowing **how much** to eat is just as important as knowing **what** to eat. The lesson reinforces the idea that students can **exercise their options** to make smart food decisions, even when eating away from home.

Nutrition Facts

- Serving size is a term referenced in the California Health Education standards to denote an appropriate amount of a given food to eat at a meal or snack. This is the amount that provides a significant quantity of the main nutrient contributed by a given food group.
- The recommended number of servings for each of the food groups is:
 - Dairy—3 servings
 - Vegetables—3 servings
 - Fruits—2 servings
 - Grains—6 servings
 - Protein—2 servings
- These represent the minimum number of servings needed for growth and development. Individual student needs can vary, depending on body size and activity levels.

Note: These serving numbers are based on the total amounts of foods from each food group recommended in USDA's food guidance system.
- A serving size that is too small may not provide enough nutrients needed for growth or adequate calories for energy. On the other hand, a serving size that is too large may contain too many calories and could fill students up so they don't eat the variety of food-group foods they should.
- In some instances it may be appropriate to eat more than one serving of food at a meal. In some cases, only a half serving may be eaten.
 - For example, a whole sandwich with two slices of bread is equal to two servings from the Grains food group.
 - Only a half serving of milk may be used on top of dry cereal.
- Most adults as well as children have difficulty estimating an appropriate serving size.
 - Serving sizes are generally referenced as household measures (e.g., ½ cup, 1 cup, 1 tablespoon, etc.) or hand symbols.

Note: Refer to the Healthy Serving Size document on the DVD or on your login page at HealthyEating.org.

- It is convenient to use hand symbols to approximate serving sizes. For example, the palm of your hand approximates the appropriate serving size for a piece of meat; a cupped handful for a serving of pasta or rice; your pointer finger for a serving of cheese.

Note: There is not a hand-symbol equivalent for every food students may choose. The examples used are simply to provide guidance.

Student Objectives

1. Evaluate external influences on food choices.
2. Choose healthy foods in a variety of settings.
3. Set a goal to improve one's choice when eating out.

Level of Cognition

Objective 1: Evaluation

Objective 2: Application

Objective 3: Synthesis

Materials

Student Workbooks

Exercise Your Options DVD,
Lesson 2: Lunch at the Mall Video

PowerPoint Presentation

Additional resources available on your login page at HealthyEating.org.

Preparation

1. Review the Serving-Size Comparison Chart from the DVD and PowerPoint presentation; this reviews key information you will need to successfully implement the lesson.
2. Gather materials.
3. Set up PowerPoint presentation.

Length of Lesson: 45 – 50 minutes

Anticipatory Set

1. Introduce the lesson.

- Utilize the PowerPoint presentation to introduce the program.
- Tell students that this lesson will help them learn that exercising smart food choices—at home and away from home—includes selecting a variety of food-group foods and being aware of how much they are actually eating.

2. Have students watch the Lesson 2: *Lunch at the Mall* video.

3. Discuss the Lesson 2: *Lunch at the Mall* video.

- Ask the students to summarize aloud the video's main plot, and then summarize the main health concepts that were dramatized by the students and addressed by the Expert.
- Reinforce the idea that, just as they saw in the video, it's a myth that good-tasting, healthy food choices aren't available at malls and other fast-food restaurants.

Lesson 2: *Lunch at the Mall* Video Summary

Plot: Three students eat lunch at a mall food court.

The Expert evaluates the students' lunch choices:

- Gabe chooses well: one serving each from Protein (teriyaki chicken), Grains (rice) and Vegetables.
- Although Megan initially chose to skip lunch, she eventually chooses well: one serving each from Protein (chicken), Vegetables (salad) and Dairy (yogurt parfait).
- Sarah chooses a jumbo-sized meal, thereby eating multiple servings of food-group foods and “extras” that contain added fat, sugar and calories. She has multiple servings from Protein (jumbo-sized hamburger), Grains (jumbo-sized bun) and “extras” (jumbo-sized soda and jumbo-sized french fries and a dessert).
- Anna, Megan's neighbor, explains to Megan how she is hurting her body by skipping meals and/or avoiding certain food groups.

The Expert uses Sarah's lunch as an example of how jumbo-sized servings often contain enough fat and calories for more than one person.

Step-by-Step Procedures With Guided Practice

Review Healthy Serving Sizes (Page 11).

1. Have students review Healthy Serving Sizes on Page 11 in their Student Workbooks.
2. Discuss rule #1: Most foods you eat count as one serving.
 - Explain that most of the time, the amount of food served counts as one serving. Review the examples shown (a glass of milk, a slice of bread, etc.) and then ask students for other examples of foods that would count as one serving.
 - Each food group has a standard reference amount. “One serving” of any food group guarantees that it contains a certain amount of the food group's major nutrient. “Half a serving” indicates that a food provides only one-half the standard amount of nutrients. For example, a slice or two of tomato on a sandwich is equal to a one-half serving.
3. Discuss rule # 2: When foods are combined with other foods, they often count as one-half or two servings.
 - Explain that this rule really addresses mixed foods—that is, foods that contain food from more than one food group, such as a taco or pizza.

Resources HEALTHY SERVING SIZES			
FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup
Vegetables			
Cooked carrots		One fist	1 cup
Salad (bowl of salad)		Two fists	2 cups
Fruits			
Apple		One fist	1 medium
Canned peaches		One fist	1 cup
Grains: Breads, Cereals, Pasta			
Dry cereal (bowl of cereal)		One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)		Handful	½ cup
Slice of whole wheat bread		Flat hand	1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon

4. If desired, review again Healthy Serving Sizes, Page 11 in workbook, previously discussed in Lesson 1, Day 1.
- Write the sample meal below on the board and review with students to demonstrate the next activity in the workbook.
 - Dairy: 8 oz. low-fat milk—102 calories, \$1.25
 - Protein, Vegetables and Grains: tofu with vegetables and steamed rice—362 calories, \$3.50
 - Fruit: fresh fruit cup—137 calories, \$2.00
 - Total calories: 601
 - Total cost: \$6.75

5. Have students order a fictional lunch at the mall (Pages 7 – 9).
- Have students read the directions on Page 7 in their workbooks. Then ask them to scan Pages 8 and 9 to see the menus for four mall fast-food restaurants.
 - Ask students to envision they are at a mall, ordering lunch just as the students in the video did. Review the specific lunch ordering criteria listed on Page 7: nutritional guidelines, calorie and price limits.
 - Explain that it is important to eat a balanced lunch and dinner every day so that they eat from all five food groups, giving them all the main nutrients and calories, or energy, they need—especially for learning and to be physically active.

- When eating at these locations, many items are “extras” foods. Remind students that if most of their foods are “extras,” they should trade them for food-group foods.
- Have students order their lunches and write their selections on Page 7, along with the calorie and price totals. Remind students that they can mix and match, selecting from more than one menu if desired.

6. Discuss students’ fictional lunch orders.
- Have students share aloud some of their lunch choices.
 - Ask them to summarize their methods for picking healthy food options. Did they choose items they would choose in real life, or did they select using other criteria? Did anything surprise them about some of the calorie counts? Why?
 - Ask students how they might use what they learned in this lesson the next time they order meals away from home.



TODAY'S SPECIALS

Item	Calories	Price
Super Burger Meal Deal (Super Burger, large french fries, large soda, your choice of cookie or pie)	1579	\$3.50
You Choose Meal Deal (Your choice of a regular hamburger or cheeseburger, side salad or baked potato, small drink)	638	\$3.00
Burgers		
Hamburger	272	\$2.25
Cheeseburger	295	\$2.45
Fried Fish Burger	710	\$2.95
Sandwiches		
All sandwiches served on 6-inch sub roll with lettuce, tomatoes, pickles, mustard and mayonnaise		
Roast Beef	264	\$3.50
Vegetable and Cheese	200	\$3.50
The Super Sub (ham, turkey, cheese and bacon)	350	\$4.65
OTHER ENTREES		
Crispy Chicken Strips (fried, breaded chicken strips with dipping sauce)	380	\$3.50
Hot Dog	295	\$2.25
Salads		
Garden Salad (with vinaigrette dressing)	190	\$2.50
Grilled Shrimp Salad (with ranch dressing)	540	\$2.25
Caesar Salad (romaine lettuce, parmesan cheese, croutons, Caesar dressing)	338	\$3.95
Side Dishes		
Small French Fries	210	\$1.75
Large French Fries	540	\$2.25
Baked Potato	310	\$2.25
Chili Bowl (with crackers)	226	\$1.95
Desserts		
Apple or Cherry Pie	260	\$1.00
Large Cookie	170	\$1.00
Frozen Yogurt (chocolate)	230	\$1.50
Fresh Fruit Cup	137	\$1.50
Beverages		
Small Soda (12 oz.)	175	\$1.25
Large Soda (24 oz.)	349	\$1.95
Super Soda (42 oz.) <i>Keep the cup! Free refills!</i>	611	\$1.85
1% Low-Fat Milk (8 oz.)	102	\$1.25
1% Low-Fat Chocolate Milk (8 oz.)	158	\$1.25
Lemonade (8 oz.)	99	\$1.25



Main Dishes

Item	Calories	Price
Burrito (flour tortilla, refried beans, cheese)	189	\$3.25
Chicken Chimichanga (fried burrito)	559	\$3.25
Quesadilla (flour tortilla, melted cheese)	183	\$2.95
Fajita (flour tortilla, grilled chicken, grilled vegetables)	363	\$3.95
Taco Salad (chicken, lettuce, cheese, beans, avocado, tomatoes served in a taco-shell bowl)	740	\$4.00
Side Dishes		
Chips and Salsa	445	\$1.95
House Salad (with ranch dressing)	240	\$1.95
Guacamole (avocado, tomato, spices)	225	\$1.65
Refried Beans	238	\$1.65
Desserts		
Churros (two deep-fried dough strips, dipped in sugar)	332	\$2.00
Fian (caramel custard)	225	\$2.25
Aroz con Leche (rice pudding)	200	\$2.25
Drinks		
Soda (12 oz.)	175	\$1.25
Diet Soda (12 oz.)	1.5	\$1.25
1% Low-Fat Milk (8 oz.)	102	\$1.25
Sweetened Iced Tea (12 oz.)	135	\$1.25



LUNCH SPECIALS

Item	Calories	Price
Sweet and Sour Pork (batter-dipped pork, fried and tossed with pineapple, red pepper, onion, in a sweet and sour sauce) with Fried Rice	696	\$3.50
Kung Pao Chicken (stir-fried spicy chicken, peanuts, red pepper) with Steamed Rice	1104	\$3.50
Chow Mein (stir-fried noodles, cabbage, celery in soy sauce)	216	\$3.95
Tofu With Vegetables (tofu cubes simmered in chicken broth, tossed with a blend of broccoli, mushrooms, carrots and green pepper) with Steamed Rice	362	\$3.50
Steamed Fish Fillet With Vegetables and Steamed Rice	401	\$3.95
Spring Rolls (mixed vegetables wrapped inside two fried flour wraps) with Fried Rice	637	\$3.00
Chinese Chicken Salad	180	\$3.50
DRINKS		
Hot Tea (8 oz.)	2	\$1.25
Sweetened Iced Tea (12 oz.)	135	\$1.25
Cola (12 oz.)	175	\$1.25
Diet Cola (12 oz.)	1.5	\$1.25
Bottled Water (6 oz.)	0	\$1.00
DESSERTS		
Fresh Fruit Cup	137	\$2.00
Frozen Yogurt (Vanilla)	229	\$2.00
Almond Cookies (2)	75	\$1.75



Pizza By The Slice

All of Pete's pizzas are made with homemade tomato sauce, fresh herbs and spices and the best imported cheeses.

Item	Calories	Price
Cheese Pizza (1 slice)	140	\$2.25
Pepperoni Pizza (1 slice)	181	\$2.55
Mushroom and Olive Pizza (1 slice)	235	\$2.45
Vegetable Pizza (1 slice)	192	\$2.45
The Everything-on-It Pizza (1 slice with pepperoni, ham, bacon, anchovies, mushrooms and olives)	390	\$2.95
Side Dishes		
Side Salad (with ranch dressing)	281	\$2.25
Fried Breadsticks (2)	232	\$1.95
Minestrone Soup (with crackers)	108	\$2.25
Desserts		
Gelato (ice cream)	178	\$2.00
Dessert Pizza (sweet dough with butter, cinnamon, sugar topping)	260	\$2.45
Beverages		
Cola (12 oz.)	175	\$1.25
Root Beer (12 oz.)	152	\$1.25
1% Low-Fat Milk (8 oz.)	102	\$1.25
Mineral Water (12 oz.)	0	\$1.25
Orange Juice (8 oz.)	112	\$1.25

Check for Understanding

1. Project the Healthy Serving Sizes document from the DVD or on your login page at HealthyEating.org and ask students to look at it with you.
2. Tell the students that they are going to play a game called “Sign That Serving.”
3. Divide students up into two groups—Group #1 and Group #2.
4. Assign a leader to each group.
5. Write Group #1 and Group #2 on the board to help keep score.
6. Use the chart to the right to play the game.
7. Explain to students that you will ask Group #1 a question about a serving size of a food from one of the five food groups and they need to, as a group, discuss what hand symbol represents their answer. The leader will share the group’s answer. If the answer is correct, Group #1 gets a point. If the answer is not correct, Group #2 gets a chance to steal the point by answering correctly. If neither group answers correctly, then no points are awarded.

8. Continue until all foods have been played.
9. Bonus question worth 10 points for each group: As a group, write down the number of servings needed each day for each of the food groups on a piece of paper. Ask the leader to bring their group’s answer sheet to you and check the answers against the table in Step-by-Step instructions #2.
10. Review both groups’ answers and discuss as a class. Reward points if all answers for the group were correct.

Food Group	Food-Group Food	Serving Size	Comparison
Dairy: Milk, Yogurt, Cheese	String cheese	1 serving	1 pointer finger
	Yogurt	½ serving	½ fist or ½ cup
Vegetables	Broccoli	½ serving	½ fist or ½ cup
	Salad	1 serving	2 fists or 2 cups
Fruits	Orange	2 servings	2 fists or 2 cups
	Apple juice	1 serving	1 fist or 1 cup
Grains: Breads, Cereals, Pasta	Sliced bread	2 servings	2 flat hands
	Cooked oatmeal	1 serving	handful or ½ cup
Protein: Meat, Beans, Nuts	Peanut butter	1 serving	1 tablespoon or 1 thumb
	Hamburger	½ serving	½ palm
Mixed Food	Peanut butter + jelly sandwich	1 whole • Bread = 2 servings • Peanut butter = 1 serving	Bread = 2 flat hands Peanut butter = 1 tablespoon or 1 thumb

Lesson 2

LUNCH AT THE MALL ... WHAT ARE MY OPTIONS?

Lunch at the Mall

Imagine that you're at the mall with some friends. You have \$7.00 to spend for lunch. Look at the restaurant menus (Pages 8 – 9) to order a tasty, healthy lunch that includes a variety of food-group foods.

Choose foods from the following food groups:

- Dairy
- Vegetables
- Fruits
- Grains
- Protein

Contains no more than 700 total calories (about one-third of the calories needed in a day)
Costs no more than \$7.00

Write your food and drink choices, calories and prices.
You may pick items from more than one restaurant menu.

Food or Drink	Calories	Price
Goals will vary		
TOTAL		

Write a goal around making healthy food choices when eating out. GOAL:

Menus will vary

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Assessment

1. Have students respond to the Food for Thought prompt (Page 7).
 - Have students write a goal at the bottom of Page 7 about what they will do to make healthy food choices when they are eating out.

