

MODULE 5

GROWING HEALTHY FAMILIES:

Eating Healthier Fast Foods



FACILITATOR GUIDE FOR MODULE 5

Eating Healthier Fast Foods

| Timeframe | Purpose |
|--|--|
| Activity 1:.....5 minutes Activity 2:.....30 minutes Activity 3:.....20 minutes Summary:.....5 minutes Total:.....60 minutes | <p>Fast food items are often seen as the cause of obesity. But there are some choices you can make that are much healthier than others when choosing fast food. Today’s parents work, take children to activities after school and are very busy. It is often hard to cook a meal at night and very easy to run by and get fast food.</p> <p>This module is intended to help families cut back on fast food by increasing awareness of the nutritional content of fast foods and making healthy choices when eating fast food. The module provides information to parents on how to recognize and choose healthier fast food options and how to encourage their children to do the same.</p> |

| Learning Objectives |
|--|
| <ol style="list-style-type: none"> 1. Compare fast foods on a menu to make healthier food choices 2. Develop strategies to encourage family members to make better food choices when they eat out 3. Construct a healthy meal from a menu |

| Activities |
|--|
| <p>Activity 1: Welcome and talk with participants about their own and/or their children’s fast food choices</p> |
| <p>Activity 2: Choose healthy foods by using fast food menu and calorie count to create a meal</p> |
| <p>Activity 3: Helping family members make healthy food choices through brainstorming and playing a game that will provide ideas for healthy eating</p> |

| Room Setup | Handouts/PowerPoint/ Materials to Prepare | Materials/Equipment |
|--|---|---|
| The room should be arranged with several tables so that there are 4-6 people at a table. | <ol style="list-style-type: none"> 1. Healthy Alternatives matching cards (Make ahead of time) 2. Restaurant nutrition guides/menus 3. Module 5: Healthy Fast Food PPTs 4. <i>Parent Guide and Journal</i> 5. Evaluation Forms | Computer Projector Markers Pens/Pencils Sign-in Sheet Menus with nutrition information gathered from fast food outlets locally or the Internet sites for these restaurants |

MODULE 5: EATING HEALTHIER FAST FOODS

Activity 1: Welcome

Purpose of Activity:

- To gain an overview of the session
- To learn about one parent and his or her child in the group

Instructions:

1. Welcome the group and review PPT #2.
2. Ask if anyone tried a new healthy snack since last week.
3. Have each person turn to someone else in the group and share the information on PPT #3.
4. Ask some of the group members to share their answers to the questions.

Facilitator Script:

- *Welcome to our session on fast food! Do you find yourself eating out often and ordering the same things—hamburgers, French fries and chicken nuggets? We are going to look at how we can eat out and make healthy food choices.*
- Share housekeeping rules such as locations of bathrooms, sign-in, etc.
- *These are the objectives for today (PPT #2).*
- *Today we are discussing fast food choices that are healthier for us and for our children.*
- *Let's begin by sharing some information with each other.*
- *If you will turn to your neighbor and share (PPT #3).*
 - *Your child's favorite fast food*
 - *Your child's favorite fast food restaurant*
 - *Your favorite fast food and fast food restaurant*
 - *One thing you think you could do to help your family make healthier choices at a fast food restaurant*

Time: 5 minutes

Materials:

- Sign-in sheet
- *Parent Guide and Journal*
- PPTs #1, #2, #3

Notes:

Tips for Trainers!

Before you begin, decide on 3 major things you want participants to remember, and if you run short on time, concentrate on reviewing those points.

Activity 2: Choosing Healthy Fast Foods

Purpose of Activity:

- To identify which fast foods might be considered healthier choices

Instructions:

1. Review very quickly PPTs #4 and #5 for information about calories.
2. Provide several fast food nutrition guides from different restaurants.
3. Some are provided here in the trainer guide, but they can also be found online at any fast food restaurant's site. Choose those restaurants that are nearest to your location.
4. Show PPT #6 and ask participants to form groups of 2-3 and give each a menu. Refer them to *Parent Guide and Journal* Page 11. (calorie needs by age and gender)
5. Ask them to write in their *Parent Guide and Journal* on Page 33, "Healthy Fast Food Options" to identify some healthier options for their families for breakfast, snacks and lunch or dinner.
6. Discuss the menus they developed as a group and share ideas.

Facilitator Script:

- *Let's review some basics about calories (PPTs #4, #5). Remember the last time we talked about the importance of balanced meals?*
- *Children need fruits and vegetables with every meal and need to eat a variety—just like MyPlate demonstrates.*
- *What are the most healthful options for a main dish when we eat out? Vegetable and fruit options? Healthful dessert options?*
- *How can we choose food for our children and ourselves when we are eating out? (Remind them that they can choose food before they go out by keeping fast food menus at home or looking them up on the Internet.)*
- *We are going to plan a meal for a child. We will have 350 calories and a fast food menu, and we will work as a group (use PPT #6).*
- *Remember that 350 calories for a meal may be too much for smaller children and not enough for older children. Use the guidelines in your Parent Guide and Journal on Page 11 to find out how many calories each child needs each day.*
- (After Activity) *Share your menu ideas!*

Time: 30 minutes

Materials:

- Menus/nutrition PPTs #4, #5 #6, #7
- Pens/Pencils
- *Parent Guide and Journal* or Healthy Options worksheet

Notes:

Activity 3: Family Members' Choices and Healthy Eating

Purpose of Activity:

- Brainstorm ideas on how to get family members to accept and make healthy eating choices when eating out.

Instructions:

1. Show PPT #7 and ask participants to identify problems they have had in getting their family to choose and eat healthy foods at fast food restaurants and write them on a chart.
2. Have participants share ideas on how to overcome these problems.
3. Give small groups the “Healthy Alternatives Matching Game” and have them follow the directions.

Facilitator Script:

- *Now we have some healthy food choices but will our family choose them? (Show PPT #7).*
- *What problems do you have when you go out to restaurants related to eating healthfully?*
- *What are some ways we can get our children and family members to accept and choose healthier options?*
- *Let's play a matching game and see if we can find some more ideas! (Show PPT #8)*
- *(After activity) What other ideas do you have?*

Time: 20 minutes

Materials:

- Healthy Alternatives Matching Game (enough for one set for every 3-4 participants; must be made ahead of time)
- PPTs # 7, #8
- Chart paper or chalkboard

Notes:

Tips for Trainers!

Put small toys such as pipe cleaners, crayons, paper, Play-Doh on tables. Some people can listen better when playing!

Activity 4: Summary

Purpose of Activity:

- To review ideas for improving fast food choices for the family

Instructions:

1. Review Page 34 in the *Parent Guide and Journal*.
2. Show PPT #9 and go over the objectives of this session and remind participants that making one or two changes in their habits a week can result in a healthier family!

Facilitator Script:

- *Let's look at Page 34 in the Parent Guide and Journal.*
- *Planning what you will purchase when you eat out before you arrive at the restaurant will save time, tears and frustration and calories. Remember a child of 3 only needs 1,000-1,400 calories a day, depending on his or her activity level. You can make sure that those calories come from healthy foods by making one or two changes a week in what you order.*
- *For example, a small hot fudge sundae has 330 calories and 9 grams of fat, while a fruit and yogurt parfait will provide only 150 calories and 2 grams of fat and provide more nutrients. Both are sweet and creamy but choosing the parfait as a dessert can be a great savings in fat and calories!*
- *Giving up one soda a day would provide a savings of 140 calories each day or 980 calories in a week! Drinking water instead will provide a better way to end your thirst!*
- *Making simple changes such as these can contribute to a healthier, happier family! You may want to choose as a family one thing about your eating at a fast food restaurant you want to change.*
- *How did you do with your goals this week? (Celebrate.) Let's see if you can set a goal in your journal about fast food!*

Time: 5 minutes

Materials:

- PPT #9
- *Parent Guide and Journal*
- Optional reward for reaching goal

Notes:

Ideas for Expectant Parents:

Encourage expectant parents to focus on their personal health for this workshop. Remind them that children will learn by example and that if they develop healthy habits eating out now, their children will learn those same habits.

Ideas for Parents of Infants:










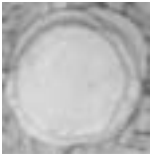


Again, focus on the parents so they can set examples. You may also want to take a little time and discuss what they can do to have a comfortable eating out experience as their baby gets older and wants to grab things off the table, etc.

Notes:

HANDOUTS AND ACTIVITIES



Healthy Alternatives Matching Game

| | | |
|---|--|---|
|  <p>Use a small amount of salad dressing on salads!</p> |  <p>Give children and yourself 2-3 healthy choices!</p> |  <p>Talk about what foods you and your children can order ahead of time and plan what you will order!</p> |
|  <p>Find the nutrition information menu online and have your children look at it, and choose healthy foods.</p> |  <p>Buy the kid's meal toys separately.</p> |  <p>Require that kid's meal choices be healthy ones such as milk instead of soda.</p> |
|  <p>Choose the small hamburger with no mayo.</p> |  <p>Order grilled chicken not fried.</p> |  <p>Order beans without cheese.</p> |
|  <p>Choose a baked flour or soft corn tortilla instead of fried.</p> |  <p>Have a glass of water before you go for fast food.</p> |  <p>Choose a baked potato instead of French fries.</p> |



Order a thin crust pizza with vegetables and lean meats such as ham or Canadian bacon.



Order apple slices or bananas instead of French fries.



Choose yogurt with fruit instead of ice cream.

Directions:

The instructor makes 2 copies for each group of 4 people and one copy of directions then cuts them out and puts them into bags. The groups will turn them face down separately on the table and will take turns turning over 2 cards until they have matched all of them.

Participant Instructions:

Turn each card face down separately on the table. Take turns turning over 2 cards until you find a match. When you find a match you keep those. Then someone else tries until all of the cards have been picked up.

Healthy Options Worksheet (Optional)

(This is also available in the *Parent Guide and Journal* on page 33.)

Restaurant: _____

Part 1:

Breakfast healthy options:

Lunch/Dinner healthy options:

Ideas for helping your child choose healthy options:

Part 2:

Please wait to begin this section until the facilitator asks you to begin.

Using the menus, each group will construct a 400 calorie meal that provides fruits or vegetables, a meat or meat alternative (remind them that beans count), milk and a grain.

Nutrition Guides for Fast Food Restaurants

Fast food restaurants offer nutrition guides with food and calories. Check their website or stop by the restaurant to request copies. Partial nutrition guide from: <http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE | | | |
|--|----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Burgers & Sandwiches | | | | | | | | | | | | | | | | | | | | | | |
| Big Mac | 7.6 oz (215 g) | 550 | 260 | 29 | 45 | 10 | 51 | 1 | 75 | 25 | 370 | 40 | 46 | 15 | 3 | 13 | 9 | 25 | 4 | 2 | 35 | 25 |
| Quarter Pounder® with Cheese | 7.1 oz (202 g) | 500 | 240 | 26 | 41 | 12 | 61 | 1.5 | 95 | 31 | 1100 | 46 | 41 | 14 | 3 | 11 | 10 | 30 | 10 | 2 | 30 | 25 |
| Quarter Pounder Bacon® Hamburg Sandwich | 8.3 oz (235 g) | 610 | 280 | 31 | 48 | 13 | 64 | 1.5 | 105 | 35 | 1180 | 49 | 46 | 15 | 3 | 14 | 10 | 37 | 8 | 20 | 25 | 30 |
| Quarter Pounder Bacon & Cheese | 8 oz (227 g) | 600 | 260 | 29 | 45 | 13 | 63 | 1.5 | 105 | 34 | 1440 | 60 | 48 | 16 | 3 | 12 | 12 | 37 | 6 | 15 | 25 | 30 |
| Quarter Pounder Deluxe | 8.6 oz (244 g) | 540 | 250 | 27 | 42 | 11 | 54 | 1.5 | 85 | 29 | 960 | 40 | 45 | 15 | 3 | 13 | 9 | 29 | 10 | 8 | 25 | 30 |
| Double Quarter Pounder with Cheese | 10 oz (283 g) | 750 | 380 | 43 | 66 | 19 | 96 | 2.5 | 160 | 53 | 1280 | 53 | 42 | 14 | 3 | 11 | 10 | 48 | 10 | 2 | 30 | 35 |
| Hamburger | 3.5 oz (100 g) | 250 | 80 | 9 | 13 | 3.5 | 16 | 0.5 | 25 | 9 | 480 | 20 | 31 | 10 | 2 | 6 | 6 | 12 | 2 | 2 | 10 | 15 |
| Cheeseburger | 4 oz (114 g) | 300 | 110 | 12 | 19 | 6 | 26 | 0.5 | 40 | 14 | 680 | 29 | 33 | 11 | 2 | 7 | 7 | 15 | 6 | 2 | 30 | 15 |
| Grilled Chicken Chicken | 4.1 oz (115 g) | 310 | 120 | 13 | 21 | 6 | 30 | 0.5 | 40 | 14 | 660 | 27 | 33 | 11 | 2 | 8 | 7 | 15 | 2 | 0 | 30 | 15 |
| Double Cheeseburger | 5.8 oz (165 g) | 440 | 210 | 23 | 35 | 11 | 54 | 1.5 | 80 | 27 | 1050 | 44 | 34 | 11 | 2 | 8 | 7 | 25 | 8 | 2 | 30 | 20 |
| McDouble | 5.3 oz (151 g) | 390 | 170 | 19 | 29 | 8 | 42 | 1 | 65 | 22 | 850 | 35 | 33 | 11 | 2 | 7 | 7 | 23 | 6 | 2 | 30 | 20 |
| Daily Doublet | 6.8 oz (194 g) | 440 | 220 | 24 | 37 | 9 | 47 | 1.5 | 70 | 24 | 775 | 32 | 33 | 11 | 2 | 9 | 7 | 23 | 6 | 6 | 30 | 20 |
| Premium Crispy Chicken Classic Sandwich | 7.5 oz (213 g) | 510 | 200 | 22 | 33 | 3.5 | 18 | 0 | 45 | 16 | 990 | 41 | 35 | 18 | 3 | 13 | 10 | 24 | 4 | 6 | 15 | 20 |
| Premium Grilled Chicken Classic Sandwich | 7 oz (200 g) | 350 | 80 | 9 | 13 | 2 | 9 | 0 | 65 | 22 | 800 | 34 | 42 | 14 | 3 | 13 | 8 | 28 | 4 | 8 | 15 | 20 |
| Premium Crispy Chicken Club Sandwich | 8.8 oz (249 g) | 670 | 300 | 33 | 51 | 9 | 44 | 0 | 85 | 29 | 1410 | 59 | 58 | 19 | 3 | 14 | 11 | 36 | 8 | 30 | 30 | 25 |
| Premium Grilled Chicken Club Sandwich | 8.3 oz (235 g) | 510 | 180 | 30 | 31 | 7 | 36 | 0 | 105 | 35 | 1250 | 52 | 44 | 15 | 3 | 13 | 9 | 40 | 8 | 20 | 30 | 20 |
| Premium Crispy Chicken Ranch BLT Sandwich | 8 oz (227 g) | 590 | 240 | 27 | 41 | 6 | 30 | 0 | 70 | 24 | 1380 | 57 | 57 | 19 | 3 | 13 | 11 | 32 | 4 | 30 | 15 | 20 |
| Premium Grilled Chicken Ranch BLT Sandwich | 7.5 oz (214 g) | 440 | 120 | 14 | 21 | 4 | 21 | 0 | 90 | 30 | 1210 | 50 | 43 | 14 | 3 | 13 | 9 | 36 | 4 | 30 | 15 | 20 |

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Notes:

Additional Activities

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| <p>Physical activity correlated with theme for parents</p> | <p>Ball Toss: Parents can stand in a circle. One parent tosses a ball to another, calling out his or her name. The parent shares one idea for healthy choices while eating out then tosses it to another person. This can also be done with all parents and children together in a circle.</p> |
| <p>Physical activity correlated with theme for children</p> | <p>Ball Toss: After a discussion of what kinds of healthy foods they might see in a fast food restaurant, the children throw a ball in a circle to other children. When a child catches the ball he or she can share one thing they like to eat at a restaurant that is a healthy choice. After a while, have the children name choices that aren't as healthy so they can have an idea of the differences.</p> |
| <p>Parent-child activity based on theme</p> | <p>Making Healthy Menus: Provide large white construction paper, scissors, markers, crayons and magazines (women's magazines and food magazines are best). Have the parents and children create fast food menus by cutting out or drawing foods on the menu. Remind them to provide a variety of foods that include lean proteins, fruits, vegetables, grains and milk products.</p> <p>Infant Activity: Parent can show infants pictures of healthy foods and say their names and/or look at a picture book of food.</p> |
| <p>Book and activity for children based on theme</p> | <p>Book: <i>Fast Food Gulp! Gulp!</i>, by Bernard Waber</p> <p>Activity: Use blocks or large Legos to build a fast food restaurant. Ask the children what to call it then make a sign. Then let them take turns ordering or buying food!</p> |

Abbreviated Research Summary and Implications for Trainers

(A complete summary can be found at the end of this manual.)

| Citation | Findings | Implications for Instructors |
|--|--|--|
| Hobin, E. P., Hammond, D. G., Daniel, S., Hanning, R. M., & Manske, S. R. (2012) | Children chose healthier meals if toys were only offered with the healthier food choices. | Encourage parents to tell their child they will only buy the kid meals with toys if he or she chooses the healthier options. Otherwise they can buy the child the individual items they will eat. Brainstorm with parents how to help them understand the impact that advertising and rewards such as toys have on the food they choose. |
| Tandon P.S., Wright J, Zhou C., Rogers C.B., Christakis D.A. (2010) | The study involved providing fast food menus with nutrition information to some parents. The study found that parents who had menus with nutrition information chose meals for their children that were lower in calories. | Teach parents how to read nutrition information on menus, how to ask for the information when in fast food restaurants and how to find it online. Encourage parents to plan before they leave their home for meals. |
| Smith, K. H., Stutts, M. A., Williams, S. A., & Zank, G. M. (2011) | A study involving 236 children found that children who were given menus with logos next to healthier food choices were more likely to choose healthier foods. | Ask parents to print out menus for their children or to make one of their own with the choices they are willing for the children to have and put pictures next to the healthiest choices. Then let the children choose. |
| Chang, H.-H., & Nayga, R. M., Jr. (2009) | The study found that TV viewing and fast-food consumption were correlated. It also found that they both contributed to obesity in children. | Parents can also point out to their children whenever a fast food commercial comes on that it encourages children to go and buy their food regardless of whether it is good for them. |
| Robinson T.N., Borzekowski, D.L.G., Matheson, D.M., et al. (2007) | Preschoolers were given identical common fast food items such as French fries and hamburgers in plain wrappers & McDonald's wrappers and asked about the food. The children preferred those with branding and identified them as tasting better. | Parents can also do this with children as an experiment to show them that things other than how the food really tastes often influence them. |