

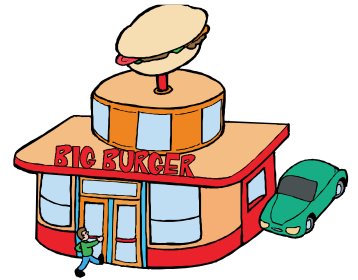
Growing Healthy Families

Module 5: Eating Healthier Fast Foods

Welcome!

- **Today we will discuss:**
 - **How to make healthy choices when ordering fast food**
 - **Which fast foods are better for you**
 - **How to help our families make healthy choices**





Please Share!

Turn to someone else in the group and share the following:

- **Your name**
- **Your child's favorite fast food**
- **Your child's favorite fast food restaurant**
- **Your favorite fast food and fast food restaurant now**
- **One way to make healthier choices at a fast food restaurant**

Calories and Fast Food: Let's Review

Calories

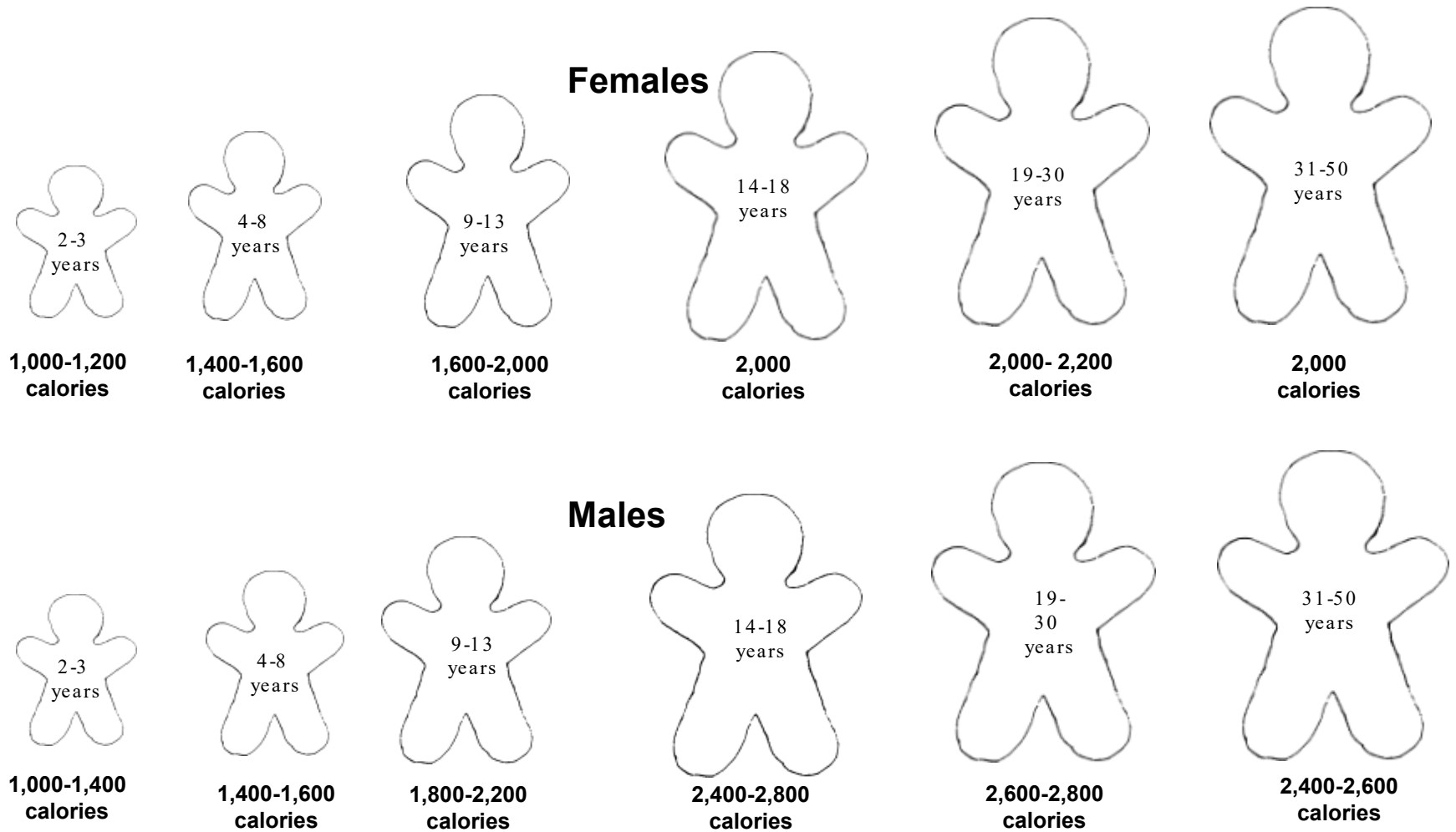
- Calories come from the food we eat and are used up by our body as energy.
- When we don't use up all the calories we take in, they are stored in the body as fat.

Using Calories

- Take in more calories than you use: **Gain Weight.**
- Take in fewer calories than you use: **Lose Weight.**
- Use the calories you take in and no more: **Balance.**

Source: KERA's Little Bites and Big Steps

Calories Needed by Age and Sex for a Moderately Active Child or Adult

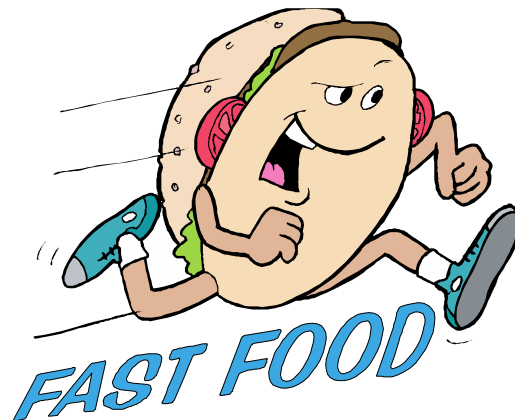


Source: Adapted from the 2015–2020 Dietary Guidelines for Americans from health.gov

Choosing a Meal Activity!

- Form groups of 2-3 and look at the menu I have given out.
- Turn to page 33 in your *Parent Guide & Journal* to identify healthy items for your family for breakfast, snacks, lunch and dinner.
- Create a 350 - 400 calorie meal for a child using your menu.
- Remember: 350 calories for a meal may be too much for smaller children and not enough for older children!

What Problems Will You Have in Getting Your Family to Choose Healthy Fast Foods?



Healthy Alternatives Matching Game

- **Shuffle the cards.**
- **Put each card face down separately on the table without reading them.**
- **Take turns turning over 2 cards until you find a match. (Read each card as you turn it over.)**
- **When you find a match keep it. The next person tries until all of the cards have been picked up.**

Summary



- **Making simple changes such as these can contribute to a healthier, happier family!**
- **Planning what you will purchase when you eat out before you arrive at the restaurant will save time, tears and frustration, and calories!**
- **What is one thing you can change this week to provide healthier meals for your family?**