



Student Menu Worksheet

Directions: First Look at the question and read the menu, record the required information. The Teacher is guiding you through what to do, raise your hand if your team needs help. Get food items from the restaurant that represent your order for example: Green ball/ Vegetable for the vegetables , 1 Yellow ball/ Grain if it has a bun, 1 Protein if it is chicken nuggets you need 5 or beef and has 2 patties you need 2 Proteins. When you have all your items sit in a line with your hand up. When the first 3 Teams finish they will give their answer and explain their food items. If it is correct they win. In Round 3: If another team has less Calories and less fat that team can steal the win.

Round 1: You are ordering from **Chick-Fil-A** and your mom wants you to eat a vegetable

Ordered: **5 Nuggets, small fries and side salad**

Write down the Meals **Calories**

Order	Calories	Protein	What balls to collect?
5 Nuggets			___ Purple balls
Small Fries			___ Orange ball
Side Salad			___ Green ball
Total			

How could you have kept your total calories down to 500 calories?

Round 2: You are eating at **McDonald's** but we are using the menu for Chick-Fil-A **Sides**

Order: **Quarter Pounder with Cheese, small fries**

Order	Calories	Protein	What balls to collect?
Quarter Pounder			___ Red ball, ___ Yellow ball
Small Fries			___ Orange ball
Total			



Round 3: You are eating at **Wendy's** but we are using the menu for Chick-Fil-A **Sides**

Order **anything** you want but try to keep your calories less than 500 calories and the fat low.

Order:_____

Order	Calories	Protein	What balls to collect?
			____ Purple balls or ____ Red ball, ____ Yellow ball
			____ Orange ball (all sides)
			____ Green ball (salad)
Total			



Teacher's Notes:

Set up The Scooter Relay Game on page 171 of the book Print and laminate 3 fast food menus found in your area. <https://cheatdaydesign.com/chickfila-nutrition-guide/> or use my quick print button. Print and laminate the

After Round 1: How could you have kept your total calories down to 500 calories? **Don't order fries or only eat half . Order grilled nuggets, or order 1 Chick-n-Strip.**

After Round 2: How many calories was McDonald's? Wait that is 200 more calories than Chick-fil-a and less food, why? **It has a bun. It has more fat in the beef than the chicken.**

How could I try to eat healthier at McDonald's?

Order a salad or only eat half the fries. Or no fries and the smaller cheeseburger. Order grilled chicken

Round 3

Who finished first: Ask them what did you order? Look at the calories did anyone order something healthier with lower calories? **Jr. hamburger with Kale Crunch salad or Chicken soup wins (Not saltines that is just more carbohydrates and not as healthy as a salad.**

What is the best way to cut my calories? **Choose Grilled over fried, soup or salad over fries when available.**