

10th Grade Health Nutrition Assignment

EAT THIS, NOT THAT

(32 points)



Objectives:

- 1. To identify "healthier" restaurant options.
- 2. To gain a better understanding of the impact of one's food choices.
- 3. To analyze various restaurant menus and gain a scope of the food choices being offered.

PA State Standards:

10.1.12- C- Analyze factors that impact nutritional choices of adults.

Goal: Using Microsoft Word, create a healthy eating out menu, showing positive and negative restaurant Choices.

Requirements:

- 1. Your menu should include:
 - a. TWO different comparative breakfast choices (8 pts.)
 - b. TWO different comparative lunch choices (8 pts.)
 - c. TWO different comparative dinner choices (8 pts.)
 - d. TWO different comparative snacks/ dessert choices (8 pts.)

 NOTE: you should compare food choices from the same restaurant, but you need to use 8 different restaurants for the assignment.
- 2. Make sure to include the following nutritional information for the menu option selected:
 - a. Serving Size (if applicable)
 - b. Calories
 - C. Total Fat
 - d. Carbohydrates
 - e. Protein
- 3. Finally, include why you think one is a better choice than the other by INCLUDING WHAT YOU SAVED BY CHOOSING THE "BETTER" MEAL- make sure your choice is worthwhile!
- 4. Images are required for each meal.
- 5. Please check out the samples on the back!

DUE DATE:

Breakfast # 1

EAT THIS!

NOT THAT!

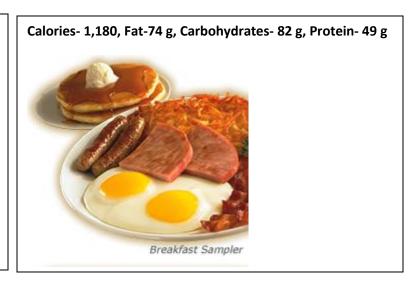
IHOP Simple and FitSpinach, Mushroom,

IHOP Breakfast Sample

and tomato Omelette with Fresh Fruit

Calories- 330, Fat- 12 g, Carbohydrates- 31 g, Protein- 29 g $\,$





Savings: 850 Calories, 62 g Fat, 51 g Carbohydrates, 20 g Protein!!!

Lunch #1

EAT THIS!

Chick-Fil-A Chargrilled Chicken

Sandwich and Small Waffle Fries

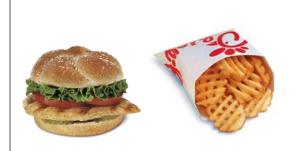
NOT THAT!

Chick-Fil-A Chicken Sandwich

Calories-800, Fat-38 g, Carbohydrates-80, Protein-35 g

and Medium Waffle Fries

Calories- 560, Fat- 19 g, Carbohydrates- 69 g, Protein- 31 g $\,$







Savings: 240 Calories, 19 g Fat, 11 g Carbohydrates, 4 g Protein

***Please note: The samples only contain ONE breakfast and ONE LUNCH comparisonyou need TWO to get full credit.