



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!

*IHOP Simple and Fit Spinach, Mushroom,
and tomato Omelette with Fresh Fruit*

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



NOT THAT!

IHOP Breakfast Sampler

Calories- 1,180, Fat-74 g, Carbohydrates- 82 g, Protein- 49 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*

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



NOT THAT!

*Chick-Fil-A Chicken Sandwich
and Medium Waffle Fries*

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



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

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