

# Employee In-service

Times: 30 minutes

## Healthy Choices at Fast Food Restaurants

### Materials needed:

Cups  
Ping Pong Balls  
Prizes  
Example pictures or models

### Introduction:

Hello, my name is Jessica and I am a dietetic intern from OHSU. Today we will be looking at some ways to make healthier choices at fast food restaurants.

### Questions: (5-10 minutes)

Raise your hand if you eat at fast food restaurants on a regular basis.

Why?

Why Not?

With fast pace life, eating at fast food places is sometimes the only option, best options, or preferred option.

What to look for to find the best choice for fast food restaurants:

High nutrient dense foods versus high energy dense foods

What does that mean: Low fat, low sugar, low calories for amount of food, low in sodium, and high in vitamins and minerals.

Examples:

McDonalds: Fruit and Yogurt Parfait instead of a Vanilla Ice Cream Cone

Burger King: Cheeseburger instead of a Double Bacon Cheeseburger

Dairy Queen: Hawaiiin Blizzard Mini instead of Double Fudge Cookie Blizzard Large

Taco Bell: Fresco Chicken Soft Taco instead of XXL Grilled Stuft Burrito-Beef

Now that we have a basis of how to spot the healthy choices let us see if we can use this information in an activity.

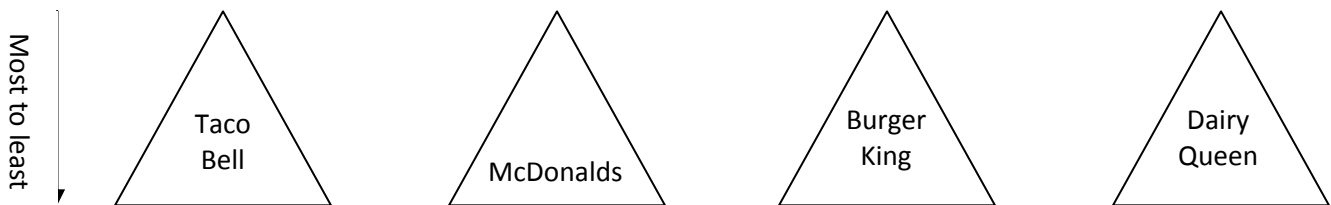
**Activity: (10-20 minutes)**

Teams:

McDonald's, Burger King, Dairy Queen, or Taco Bell

Each team will have 6 cups with different foods and their nutritional values on them. These teams will be in charge of stacking the cups in order of their nutritional value with the most nutritionally dense on the top and the least nutritionally dense foods on the bottom. The top cup does not mean it is the healthiest choice at that restaurant but it does mean that it is the most nutritionally balanced. Once they have assembled their pyramids in the correct form each person will take their ping pong ball a designated distance from their pyramids. From this distance they will line up in a line and the first person will try to knock down the cups. Then go retrieve the ball and give it to the next person to do the same. This will go this way until all of the cups have been knocked down. The winner of this activity will win a prize.

**Diagrams:**

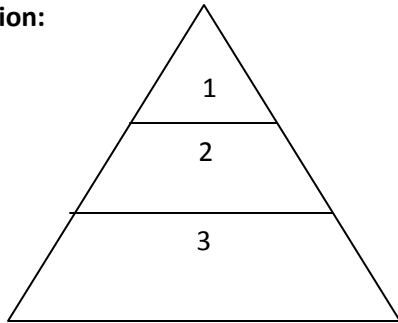


Nutritional Cup Pyramids

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Throwing line

**Cup Information:**



**McDonald's:** 1. Premium Grilled Chicken Classic Sandwich, 2. Egg McMuffin, and Fruit & Maple Oatmeal, 3. Premium Bacon Ranch Salad with Crispy Chicken, Angus Deluxe, and 5pc Chicken Breast Strips

**Burger King:** 1. Rodeo Cheeseburger 2. CROISSAN'WICH Sausage & Cheese, and Double Cheeseburger, 3. Triple Whopper Sandwich with Cheese, TENDERCRISP Chicken Garden Salad, and Country Pork Sandwich

**Dairy Queen:** 1. 1/4 lb Mushroom Swiss Grill Burger 2. Grilled Chicken Sandwich and Grilled Chicken Salad, 3. 1/2 lb FlameThrower Grill Burger, Chicken Strip Basket -4piece w/Country Gravy, and Popcorn Shrimp Basket.

**Taco Bell:** 1. Chicken Burrito 2. Double Decker Taco, and Gordita Baja-Beef, 3. XXL Grilled Stuffed Burrito-Steak, Fiesta Taco Salad-Beef, and Fresco Bean Burrito.

**Discussion:**

If the groups would like and want to they can share either what they found interesting. What shocked them, or what food was found to be the more rounded choice out of the other choices.

**Conclusion:**

There are many options at fast food restaurants. Some options have more nutritional than others. While the healthier choices might be hard to spot, it is important to try these foods for the benefit of one's health. I hope everyone enjoyed themselves and learned some useful information. Thank you for taking time out of your day and participating in this healthy options found at fast food restaurants in-service. But remember in the end it is all about balance. It is ok to have something that is not nutritionally dense, just try not to make it an everyday occurrence.

