

# **Station 1**

## **Unclog Those Arteries**

1. Each person takes one straw.
2. Using the straw, try to pull up and hold a piece of notebook paper while you walk around the cone (that is 6 feet [2 m] away) and back to the station. Lay the notebook paper back in its original spot.
3. Using the straw, try to pull up and hold a piece of colored construction paper while walking around the cone and back to the station. Lay the construction paper back in its original spot.
4. Now, pinch the straw in the middle and again try to pull up and hold the notebook paper and then the construction paper.
5. Place your straw in the trashcan.
6. Using the title of this station as a hint, answer the station 1 questions on your Fast-Food Frenzy Discovery Worksheet.

# **Station 2**

## **Sugar Time**

1. Guess how many teaspoons of sugar are in each of the cans of soda. Write your guess on your Fast-Food Frenzy Discovery Worksheet in the “Your guess” column of the chart.
2. Starting with beverage 1, pick up the can and read the number on the bottom. This is the actual number of teaspoons of sugar in that beverage. Record this number on the chart in the “Actual number . . .” column.
3. Use the teaspoon located in the container of “sugar” (sand) to scoop that amount of sugar into the cup located in front of beverage 1.
4. Repeat the process for the other three cans of beverage.
5. When you are finished, carefully examine the amount of “sugar” in each cup, noting which has the largest amount of “sugar.”
6. Finish answering the station 2 questions on your Fast-Food Frenzy Discovery Worksheet.

## **Station 3**

# **Instead of . . . Why Not Try**

1. Lay all the cards face up on the floor. Lay all yellow cards in a vertical line under the heading “Instead of.”
2. Beside each yellow card, lay a pink card that represents a better food choice. Lay the pink cards in a vertical line under the heading “Why Not Try.”
3. Now open the folder labeled “Calorie Chart” and use this chart to determine the number of calories in each of the foods listed under station 3 on your Fast-Food Discovery Worksheet. Record the number of calories next to each item.
4. Complete question 2 under the station 3 portion of the worksheet.

# **Station 4**

## **Lunch Menu Suggestions**

1. Read the school menu provided.
2. Using your worksheet, answer questions 1 through 4. Feel free to discuss these questions with others at this station.
3. Take two of the Lunch Menu Selection cards, complete them, and drop them into the Suggestion Card Deposit Box.
4. Share your lunch menu suggestions with others at your station.

## **Station 5**

# **Snack Attack**

1. Look at the five snack bags. Study the nutritional information on the back of the bags.
2. Complete the calorie chart on your worksheet paper.
3. Be certain to rank the snack foods from highest in calories (1) to lowest in calories (5).
4. Complete the fat gram chart on your worksheet, again ranking the snacks from highest in fat grams (1) to lowest in fat grams (5).
5. After carefully studying the two charts—the calorie chart and the fat gram chart—answer question 3 for station 5 on the Fast-Food Discovery Worksheet.

## **Station 6**

# **Healthy Meal Deal: Sandwich**

1. Look at each of the fast-food sandwiches. Using your worksheet, classify these sandwiches from most healthful to least healthful. Do *not* look at the nutrition information yet!
2. Discuss your sandwich rankings with others at your station.
3. Now open the “Nutrition Info for Sandwich Choices” folder and find the calories and fat grams for each of the five sandwiches. Record this information on your worksheet.
4. Finish answering questions 3 and 4 under station 6 on your worksheet.
5. If you have time, look at the nutrition information for other fast foods.
6. Place the Nutrition Info for Sandwich Choices paper back in its folder.

## **Station 7**

# **Healthy Meal Deal: Salads**

1. Look at each of the fast-food salads. Using your worksheet, classify these salads from most healthful to least healthful. Do *not* look at the nutrition information yet!
2. Discuss your salad rankings with others at your station.
3. Now open the “Nutrition Info for Salad Choices” folder and find the calories and fat grams for each of the five salads. Record this information on your worksheet.
4. Finish answering questions 3 and 4 under station 7 on your worksheet.
5. If you have time, look at the nutrition information for other fast foods.
6. Place the Nutrition Info for Salad Choices paper back in its folder.