

KINDERGARTEN

LESSON: Restaurant Food

SC STANDARD: Literacy Standards



It's your world.

RESTAURANT FOOD

OBJECTIVES:

- Recognize that fast food is a major contributor to poor health
- Learn how to make healthy choices at restaurants

LET'S GET STARTED:

- Explain different types of restaurants, including fast food and sit-down dining
- Discuss ways in which restaurant food is unhealthy
- Explain ways to make healthy choices at restaurants

STORY:

- Read the story about Boss and his friend discussing how to eat healthy when you eat out at restaurants

WRAPPING UP:

- Remind students to make healthy choices when eating out and to try to reduce fast food intake

LET'S GET STARTED!

- This week, we are going to talk about restaurant food! Ask students some of their favorite places to eat. Talk about both fast food and sit-down dining restaurants. Ask how restaurants decide what to serve.

DIALOGUE BOX

- Today we are going to talk about restaurant food! Who likes to eat out at restaurants? What are some of your favorite restaurants to eat at?
- There are lots of different types of restaurants. Some places have waiters and waitresses who take your order and serve you your food, and you might have to wait a while. Other places make your food quickly or even have a drive-thru where you don't have to get out of your car!
- Restaurants all have specialties and serve different things. Some places sell hamburgers and french fries, some places serve pasta and pizza, and some places serve nothing but ice cream!

- Discuss the health concerns that come with eating at restaurants, especially fast food.

DIALOGUE BOX

- We are very busy people today, and sometimes because of our busy schedules we eat out at restaurants a lot. It may be easier than cooking, or it may be that you are in a hurry and need to eat something on the go.
- Eating at restaurants, though, can be very unhealthy. Often, food at restaurants has a lot of calories, fat, sugar, and sodium- all things we need to be careful not to eat too much of.
- Consuming fast food is one of the major reasons people gain weight. Because we know fast food is unhealthy, we definitely should not eat it all the time- it is a Whoa food we should only eat sometimes instead of every day.
- Just like fast food is usually very unhealthy because of all the extra calories, fats, sugars, and sodium, the food at sit-down restaurants can be unhealthy too. The portion size they serve you is often two to three times the serving size you should eat! Their food may also be cooked with lots of added fats.
- You can still make healthy choices at restaurants when you go out to eat. Try avoiding fried things and adding vegetables or fruit as a side. Try avoiding soda and get water or milk instead! Don't



- feel like you have to finish a large restaurant meal either- you can always ask for a box so you can take what you don't finish home and eat it the next day!
- You can limit the meals you eat at restaurants by cooking at home! Food cooked at home is usually healthier than what you would eat in a restaurant, and it can be fun too! Try cooking new recipes with your parents!
- Review that restaurants rely on supply and demand to function, and explain how that factors into what they offer on their menus

DIALOGUE BOX

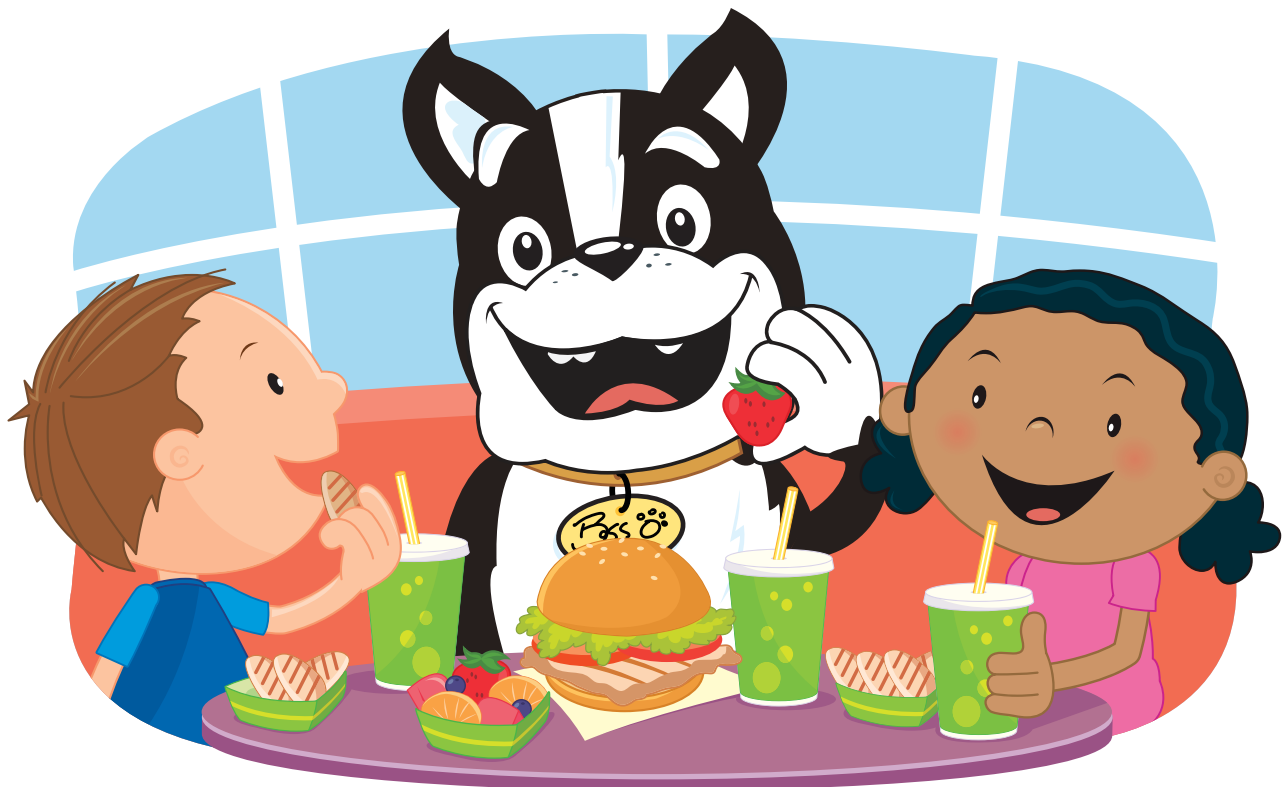
- Remember that restaurants rely on supply and demand, so they serve what people buy. The items you see on menu are a reflection of what people want to eat.
- More restaurants have been adding things like fruit cups to their menus, or working to make their menu items healthier by taking out some of the extra fats and sugars.
- If people want to be healthier and demand more healthy foods, restaurants will have to respond to their demand by making their items healthier too!

STORY

- Read the story about Boss learning how to eat healthy while eating out with his family and friend

WRAPPING UP

- Remind students that restaurant food, especially fast food, are often Whoa foods that should be limited. Remind them that they can still make healthy choices when eating out.



Eating out with Boss

Sometimes when Boss has a hard week at school or has a tough test, his parents will take him out to eat at his favorite restaurant and even let him invite a friend! This week, Boss had a really hard math test that he studied for all week! When he got his test back he was shocked to see that he made an A on it! He told his parents the second he walked in the door at his house, and his parents were so proud of him! They offered to take him to his favorite restaurant and said he could invite two friends, Jake and Krish. He could not wait to call and invite his friend to join them at dinner, and when he finally called, his friend said he would love to go! When the day came that they were supposed to go to dinner, Boss and his parents went by Jake's house to pick him up and headed straight to the restaurant! When they arrived, Boss asked, "What should I get tonight? I usually get the pizza, but I am trying to be healthier so I am not sure what would be a smart thing to get that is healthy and tastes good!" His friend said, "Well, when I come here I like to get the grilled chicken or salmon dish! Both of them come with roasted vegetables and a sweet potato! Both of the dishes are very healthy options and they are equally as tasty! What do you think about either of those options?" Boss thought about the two dishes for a while and said, "They both sound very good! I kind of am in the mood to have some salmon and vegetables, but I don't know if I want a sweet potato tonight? What do I do if I do not want the sweet potato? Can I switch it for something different?" Jake began explaining how you can switch things on the menu if you do not like something and said, "Most of the time, food places are okay with switching things off the menu! For example, if you did not want the sweet potato but wanted more roasted vegetables, they would probably switch it for you with no problem!" Boss replied, "Oh well that is good news! What do you think about salads? They are good for you right? I mean I have always seen people ordering salads when they are trying to be healthy!" His friend took a minute and said, "You have to be careful with certain things on menus, like salads for example. While salads are sometimes the better option off of a menu, sometimes the salads are not as healthy as you would think! Some of the things to watch out for when ordering a salad are things like dried fruit, candied nuts, bacon, and even something as simple as the dressing! Depending on the type of dressing that comes on it, the dressing can be healthy or super unhealthy! The dressings that are the best for you are the vinaigrettes that are vinegar based! The unhealthy ones are the creamy ones, like ranch and blue cheese! You can always make a salad healthier by asking for a different kind of dressing if the original one is unhealthy!" Boss had no clue that salads, especially the dressing, could be so unhealthy! With curiosity he asked, "So, it is kind of better to get grilled chicken with vegetables than it would be a salad, right?" Jake replied, "Yes that is exactly right!" Boss finally decided what he was going to get as his meal and when it was time to order he said, "Can I please get the grilled chicken with roasted vegetables! And instead of the sweet potato, Can I just get extra vegetables!" The waitress was more than happy to switch the sweet potato for more vegetables, and when their food finally came, it was delicious! Boss said, "My food is so good! This was a great idea! Thank you for all the advice and help you gave me on how to eat healthy when eating out!"