



FAST-FOOD SLOWDOWN MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)



HEALTH H CHALLENGE

Choose healthy options when eating out.

ROLL CALL

Name a healthy food found at a fast-food restaurant.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")
Fast-food Slowdown

GIVE OUT FAMILY HANDOUTS

"Fast-food Slowdown"

NUTRITIOUS SNACK

Frozen grapes (now that's fast!)
or any fresh fruits or vegetables



REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



GETTING READY

- Read through the “Step by Step.”
- Have a copy of the 4-H Family Handout for each family.
- If you have time, collect fast-food containers or menus from fast-food restaurants. Show these to club members to spark their interest.

SUMMER ALERT

Keep practicing the Health H. How?

- Choose healthy foods that fit your taste and lifestyle.
- Make healthy choices every day.
- Listen to your body’s fullness cues.
- Be aware of your moods and how they impact your food choices.
- Control portion sizes.
- Choose healthy options when eating out.

At 4-H camp, find more FUN ways to eat healthy!

INSTANT ACTIVITY STEP BY STEP

FAST-FOOD SLOWDOWN



- *Introduce the topic.*
 - Eating out and eating on the run is a way of life for many American families.
 - On an average day, 44% of Americans eat at a restaurant.
 - What are your eating habits? How often do you eat away from home?
 - When you eat out, it’s important to know the healthiest food choices. Making wise choices gives you more energy and good health.
- *Have Fun – Play Fast-food Slowdown*
 - Let’s start by walking fast in place.
 - Pretend we are at a restaurant reading the menu. From the list below, decide how healthy each menu item is. If the food is healthy (has **lots** of vitamins and nutrients), walk **f-a-s-t**. If it’s not very healthy (has a lot of sugar and/or fat), walk **s-l-o-w-l-y**. Remember, the healthier the food, the faster you move! (Hint: The healthy choices are in **BOLD**.)
 - Ready? Set? Go! Here are the menu choices:

Apples (healthy)	Cheeseburger (not-so-healthy)
Fried chicken (not-so-healthy)	Side salad and low-fat dressing (healthy)
Fruit cup (healthy)	Donuts (not-so-healthy)
Whole-wheat bagels (healthy)	Broccoli (healthy)
Chocolate cake (not-so-healthy)	Meat lover’s pizza (not-so-healthy)
Water (healthy)	French fries (not-so-healthy)
Low-fat milk (healthy)	Biscuits and gravy (not-so-healthy)
Carrots (healthy)	Low-fat frozen yogurt (healthy)
Hot dogs (not-so-healthy)	Fried fish sandwich (not-so-healthy)
Oatmeal (healthy)	Soda (not-so-healthy)
Ice cream (not-so-healthy)	
 - *Talk About It*
 - Is it easy to make changes? Why or why not?
 - If others discourage you from eating healthy foods, what could you say to them? Examples: “Try it, you might like it, too”; “I don’t want to eat the same things all the time”; “So what’s wrong with making healthy choices?”
 - Choosing healthy foods on the menu will give you more energy to do fun things like swimming, running, and playing. Choosing foods high in sugars and/or fat means less energy and less fun.

SUMMARIZE THE MAIN POINTS

1. The more you practice making healthy choices, the easier it gets.
2. Encourage friends and family to make healthy choices, too.
It’s easier when “everyone else does it.”



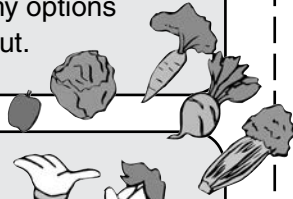


FAMILY HEALTH HANDOUT: EATING HEALTHY FAST-FOOD SLOWDOWN



HEALTH H CHALLENGE

Choose healthy options
when eating out.



4-H FAMILIES ONLINE

How do
your favorite
restaurants and
meals rate? Check
www.fastfoodmarketing.org.



PLEDGE FOR BETTER FAST-FOOD CHOICES

It's true, Americans eat almost half of their meals away from home. This can lead to eating large portions of high-fat, low-nutrient foods. Take the pledge! Follow these steps:

1. Note your family's favorite fast-food restaurant
2. Next time you visit the restaurant, ask for a menu.
3. Before you order, look at the menu together. If you see these words, circle them:
fried, biggie size, super size, jumbo, buttered, breaded, creamed, in gravy, alfredo, creamy, cheesy, glazed, buffet
Stay away from foods described with these words!
They warn you of high-fat foods and large portions.
4. Take the pledge to choose healthier foods when you eat out. The chart below can help. Keep it in the car to take into the restaurant to help you decide on the best choices.

CHOOSE HEALTHIER "GO FOODS" . . .

Baked potato, steamed vegetables without sauce
Tossed salad/raw veggies with low-fat dressing/dip
Whole-grain bread, cereal, toast, tortilla
Lean, broiled meats and fish; baked chicken, turkey; chicken without skin; poached eggs
Thin-crust pizza with lots of veggies and low-fat cheese
Water, low-fat and skim milk, 100% fruit juice
Fresh fruit, frozen fruit juice bars, whole grain crackers, low-fat ice cream and frozen yogurt
Baked chips, pretzels, unbuttered popcorn
Ketchup, mustard, relish, fat-free or reduced-fat mayo

AND SLOWDOWN ON THESE . . .

French fries, hashbrowns, onion rings
Potato salad, cole slaw, macaroni salad
Biscuits, doughnuts, sweet rolls
Sausage; hot dogs; fried hamburgers, fish, chicken, or eggs; lunchmeat
Thick-crust pizza with pepperoni, sausage, extra cheese
Soda pop, sweetened tea, lemonade, fruit drinks, whole milk
Cookies, cakes, pies, ice cream
Chips, buttered popcorn, nachos
Regular mayo, "special sauce"

CUT HERE

