



## Grade 7 Sample Lesson Plan: Fast Food/DRV References

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson.

# Fast Food/DRV Comparison

7.1a Analyze the caloric and nutritional value of foods and beverages.

7.2.a Use a decision-making process to evaluate daily food intake and nutritional requirements.



What are the daily reference values for middle school students?

What is the caloric difference between home cooked and fast food meals?

What are the nutritional values of popular fast food items?

## Link

### Fast Food/Daily Reference Values (DRV) Comparison

**Directions:** Create a one-day meal plan from a fast food restaurant of your choice that includes breakfast, lunch, a snack, and dinner. Choose a fast food restaurant that provides nutrition information such as [McDonalds](#) . To enter the missing term below, double click the box, then click on the box in google draw to type your word and select save and close in the top right corner.

Name

Period  Teacher

**Breakfast** - Choose at least one food item and one drink  
EXAMPLE: Big Breakfast with Hotcakes and Orange Juice  
Food/beverage items:

In this meal, how many total...

Calories?  Grams of Fat?

Milligrams of Sodium?  Grams of Sugar?

Grams of Protein?  Grams of Carbohydrates?

**Lunch** - Choose at least two food items and one drink

Food/beverage items:

In this meal, how many total...

Calories?  Grams of Fat?

Milligrams of Sodium?  Grams of Sugar?

Grams of Protein?  Grams of Carbohydrates?

**Snack** - Choose at least one food item

Food/beverage items:

In this meal, how many total...

Calories?  Grams of Fat?

Milligrams of Sodium?  Grams of Sugar?

Grams of **Protein**?  Grams of **Carbohydrates**?

**Dinner** - Choose at least 2 food items, one drink, and a dessert.

Food/beverage items:

In this meal, how many total...

**Calories**?  **Grams of Fat**?

Milligrams of **Sodium**?  **Grams of Sugar**?

Grams of **Protein**?  Grams of **Carbohydrates**?

For all three meals and the snack, what was your overall **TOTAL** calories, fat, sodium, sugar, protein, and carbohydrates? (Add up all previous meal and snack totals to find the answers.)

**Calories**?  **Grams of Fat**?

Milligrams of **Sodium**?  **Grams of Sugar**?

Grams of **Protein**?  Grams of **Carbohydrates**?



## Explore

Compare your one day meal plan total with the Daily Reference Values below, for a person your age and activity level.

Calories Needed

### DAILY REFERENCE VALUES

Source: USDA

[https://www.cnpp.usda.gov/sites/default/files/usda\\_food\\_patterns/EstimatedCalorieNeedsPerDayTable.pdf](https://www.cnpp.usda.gov/sites/default/files/usda_food_patterns/EstimatedCalorieNeedsPerDayTable.pdf)

Daily Reference Values

Fat	65 grams
Total Carbohydrates	300 grams
Sodium	2,400 mg
Protein	50 grams
Sugar	40 grams

Source: FDA

<https://www.fda.gov/Food/LabelingNutrition/ucm274593.htm>

## Explain

What were the differences for the categories? Subtract the Daily Reference Value from your totals for the day (place your answer in the Difference column).



	Fast Food One Day of Meals Totals	Daily Reference Values	Difference	Over (+) or Under (-)
Calories				+ -
Fat		65 grams		+ -
Sodium		2,400 mg		+ -
Sugar		40 grams		+ -
Protein		50 grams		+ -
Carbohydrates		300 grams		+ -

Examine the chart above and Circle the + if you were OVER the Daily Reference Value; Circle the - if you were UNDER the Daily Reference Value



## Apply

Answer in complete sentences

1) In general terms, do you feel fast food is a healthy meal choice? Why or why not?

2) Why do you think fast food might not be as healthy as foods you can get from a grocery store to make meals at home?

3) Did you go over the recommended calories per day for someone your age and activity level? Consuming 3500 calories in a day, results in gaining one pound. How much would a person gain if they consumed 3500 calories in a day and then expended 2000 calories through physical activity? Would they gain a full pound? You can use 3500 calories or use your total calories from the fast food meals day if it exceeded 2,000

calories to do the calculation below.

$$\begin{array}{r} \text{Your total Calories from the day} \\ \text{Subtract physical activity calories spent} \end{array} \quad \begin{array}{r} \boxed{\phantom{0000}} \\ - \quad \underline{2000} \end{array}$$

=  $\boxed{\phantom{0000}}$  adjusted calories

Find the percentage of a pound by dividing the **adjusted calories** by 3500 =  $\boxed{\phantom{0000}}$  lbs and multiply by 100 to get the percentage of a pound =  $\boxed{\phantom{0000}}$  pounds gained.

Why is this information important?

4) What are some healthier choices you could have made at your selected fast food restaurant?

5) Do you think that you/others can eat fast food all the time and still be healthy?



## Reflect

While most people do not eat all of their meals at fast food restaurants, what is your advice about eating healthy? Explain what needs to be considered when eating fast food.