

Lesson Plans

A “Basic” lesson suitable for Elementary or Middle School Students

“FAST FOOD DETECTIVES”

Students often eat at Fast Food chains. Have your students “choose” their order from a fast food chain's menu. They can then check out the website, <http://www.fatcalories.com/> to figure out how many calories and grams of fat they are eating. After recording the amounts for their chosen meal, make the exercise more visual. To do this, students can:

- Measure the grams of fat in their meal onto a paper plate using a measuring spoon and a can of Crisco. (One tablespoon of Crisco is equal to about 15 grams of fat)
 - Repeat the measurement with sugar and/or salt. (1 tablespoon of sugar is equal to about 5 grams of sugar and 1 teaspoon of salt has about 2 grams of sodium in it)
-

A “Higher Level” lesson for Middle School Students. This could be adapted down for upper Elementary Students

“FAST FOOD AROUND THE WORLD”

We know McDonald's and other fast food chains are open in other countries around the world. Do some of these countries have fast food chains of their own? Have your students work on developing plans for healthy fast food restaurants. Students can use the Internet or the library to research the cultures of four other countries. Have them compile their research results into a plan for a healthy fast-food restaurant in each of the countries, tailoring the restaurant to the cultural tastes of people in those countries.

Students can

- Research the cultures of four countries; (2 countries in one geographic area and 2 countries from another geographic area)
- Write plans for fast-food restaurants in four countries, taking into consideration how the restaurants can be adapted to the countries' unique cultures and beliefs
- Examine how each country's food choices affect its citizens' health. (e.g. are certain diseases more likely to occur in the population because of the food that is commonly eaten there?)
- Explain how 2 of the countries in the same geographic area might use the same food product (e.g. rice) in different ways in their restaurants.

(This lesson adapted from National Geographic at: www.nationalgeographic.com/xpeditions/lessons/10/g68/fastfood.html)

Educator's Note: “Fast Food Around the World's” links to the Maine Learning Results:

Health Education, Middle Grades 5-8, A.5. *Analyze how the environment relates to personal health.*

Geography, Middle Grades 5-8, B.3. *Explain how cultures differ in their use of similar environments and resources.*