



Fat Sandwiches

Lesson

Goals

Students learn about healthy and unhealthy meal choices.

Objectives

Students gain a better understanding of the amount of fat in fast food meals through calculating calories and grams of fat and creating a visual image of the fat they eat when eating a fast food meal. Prepare to be amazed!

Standards

Science: Life Science

GR.5-S.2-GLE.2

Comprehensive Health: Physical & Personal Wellness

GR.3-S.2-GLE.1

GR.4-S.2-GLE.1

GR.5-S.2-GLE.1

GR.6-S.2-GLE.4

Total Time – 60 minutes

Did you know?

Firearms will kill about 30,000 Americans in 2008, but obesity will kill 75,000 Americans.

Materials

- Shortening (one can per group, or extra bowls to put shortening in for each group)
- Cutting boards
- Table knives
- Teaspoons
- Small hamburger buns
- Straw
- Cup of water
- Paper and pencil (one per group)
- Newspaper to cover the table
- Copies of the handouts at end of lesson

Method

Introduction (10 minutes)

1. Ask the class: *How many of you like to eat at fast food restaurants? Do you think that supersizing your meal is a good option? Do you think eating fast food contributes to people being overweight?*
2. Discuss childhood obesity. *There is one big fat epidemic sweeping our nation. A problem that accounts for almost 300,000 fatalities a year, which in the race for death ranks second only to*

tobacco. Obesity has become the nation's number one health problem. According to the *Journal of American Medical Association*, 30.5% of Americans are obese, an increase of 22.9% from just ten years earlier. Nearly two thirds of all adults are overweight and worse yet, 15% of children ages 6 to 19 have the same problem.

3. Ask the class if they ever cut off the fat from their meat. Why would they cut it off (it is hard to chew, it tastes bad, it is unhealthy, etc)? *Today, we are going to talk about that type of fat and why it is bad for you.*

Activity (30 minutes)

1. Divide the class into small groups. Give each group a Fast Food Menu and a Fast Food Meal worksheet. Have each group choose three items from the menu that they would typically order. One person in each group should write down the group's choices.
2. After groups have decided on what they are going to order, hand out the Fast Food Menu with calories and fat. Have the students add up the total calories and fat in all three items. Students should convert the number of grams of fat to teaspoons (**5 grams of fat = 1 tsp fat**).
3. When all the groups have calculated the number of teaspoons of fat in their fast food meals, each group will need a cutting board, a hamburger bun, a can of Crisco, a knife and a spoon. Students will measure out even teaspoons of Crisco (pure vegetable fat) and place the teaspoons of Crisco on the bottom part of their hamburger buns. Tip: tell students not to squish down the Crisco—the visual effect will be greater if the Crisco is in a pile on the bun.
4. When the groups have created their fat sandwiches, have each group share their creation with the rest of the class. While displaying their sandwich, the students should describe the fast food meal they chose and give the number of calories and the number of grams (and teaspoons) of fat in their sandwich. Have each group also list the item they chose with the most calories and the most fat.
5. After the whole class presents, discuss the activity with the students. Ask the class: *Do you know what happens in your body to the fat we eat?* It enters the arteries and can clog them up and can enter the heart and cause heart attacks. Stick the straw into the shortening, and then try to drink water out of the straw. Show the class how the fat clogs up the straw, just like the shortening clogs up our arteries.
6. Discuss healthy alternatives to eating fast food. We like to emphasize to students that we are not saying: never eat junk food. Instead, we want them to be aware of what is in junk food when they eat it and to limit their consumption of junk food.

Snack & Conclusion (20 minutes)

1. Discuss or have the class write in their journal: *How do you feel about eating fast food now? Have your feelings change? Are there healthier ways to eat fast food? What are some ways you can reduce your fat intake?*
2. Pass out the chipotle chicken sandwiches (end of the lesson) and discuss why this is low fat

alternative to the sandwiches on the fast food menus. Discuss the healthy fats in olive oil versus the unhealthy fats in the shortening.

Evaluation

- Student's calculations of grams of fat and calories in menu items.
- Group presentations of fat sandwiches.
- Written reflection in nutrition/garden journal.

Possible Modifications and Extensions

- For younger classes, it is helpful to determine the amount of teaspoons per item in advance and write them on the board when appropriate.

Chipotle Chicken Sandwich

Serves 6

- 3 chicken breasts
- 1 Tbs. pureed chipotle peppers
- 2 Tbs. olive oil
- 2 Tbs. light mayonnaise
- 1Tbs. pureed chipotle peppers
- 2 cups green cabbage, shredded
- 1/4 cup carrots, shredded
- 1/2 red onion, shredded
- 1 Tbs. cilantro, chopped
- 1 lime
- 3 Tbs. olive oil
- 1 tsp. cumin
- Salt and pepper to taste
- 6 whole wheat buns

Preparation (44 minutes): Combine chipotle and olive oil. Rub chicken with chipotle oil mixture. Bake chicken at 350 degrees until done. When cooked all the way through, remove from oven and slice into cutlets. Whisk mayonnaise and chipotle together. Juice lime and whisk with olive oil and cumin to make the dressing. Combine shredded cabbage, carrots and onion with cilantro. Toss with dressing. To make the sandwich, spread mayonnaise on the whole wheat bun, add sliced chicken and slaw and enjoy!

Sources

- Recipe courtesy of Corey Ferguson.
- All nutritional information has been taken directly from each of the restaurant's website and is up to date as of February 2011.

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Fast Food Menu



- Chicken McNuggets (6 pieces)
- Sausage McMuffin (with egg)
- Big Mac
- French Fries
 - Small
 - Medium
 - Large



- Cheese Pizza (2 slices)
- Pepperoni Pizza (2 slices)



- Crispy Chicken Sandwich
- Hot Dog meal with French Fries
- Oreo Cookie Blizzard
 - Small
 - Medium
 - Large



- 7-Layer Burrito
- Bean Burrito
- Soft Taco Supreme
- Cheesy Nachos

Fast Food Menu (with calories and fat)

Food grams	Calories	Fat
McDonald's		
• Chicken McNuggets (6 pieces)	280	17
• Sausage McMuffin (with egg)	450	27
• Big Mac	540	29
• French Fries		
○ Small	230	11
○ Medium	380	19
○ Large	500	25
Pizza Hut		
• Cheese Pizza (2 slices)	480	22
• Pepperoni Pizza (2 slices)	500	24
Dairy Queen		
• Crispy Chicken Sandwich	560	28
• Hot Dog meal with French Fries	470	25
• Oreo Cookie Blizzard		
○ Small	550	20
○ Medium	710	26
○ Large	1030	38
Taco Bell		
• 7-Layer Burrito	283	18
• Bean Burrito	370	10
• Soft Taco Supreme	240	11
• Cheesy Nachos	280	17

Food	Calories	Fat (grams)	Teaspoons of Fat*

Total			tsp Fat
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* 5 grams of fat is equal to 1 teaspoon (divide fat grams by 5)

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