



FOOD IN-A-BOX CAFÉ

ALL OF YOUR FOOD SERVED IN A BOX!



MENU

ENTREES

- Double Battered Fried Fish and Chips
- Broiled Cod Fillet with Lemon Zest
- Spicy Red Beans and Brown Rice
- Spinach and Butternut Squash Lasagna
- Deep Fried Steak with Creamy Gravy
- Grilled Chicken on a Bed Of Sautéed Greens

SANDWICHES & SOUPS

- Tuna Sandwich on Whole Wheat
- Foot Long Hot Dog on Bun
- Grilled Chicken & Veggies in a Whole-Grain Pita
- Lean Steak and Sweet Peppers on a Whole-Grain Ciabatta
- Cheese and Black Bean Quesadilla on a Whole-Corn Tortilla
- Double Bacon Cheeseburger
- Creamy, Cheesy, Sausage Soup
- Farm Fresh Vegetable Soup
- Turkey White Bean Chili

VEGETABLES, SALADS & SIDES

- French Fries
- Mashed Sweet Potatoes
- Grilled Asparagus with Parmesan
- Kale Strawberry Walnut Salad with Goat Cheese and Light Vinaigrette
- Fresh Fruit Medley
- Double Battered Onion Rings
- Three Bean Salad with Oil and Vinegar
- Baked Potato
- Garden Salad (Side or Entrée-sized)
- Quinoa Mango Salad with Fresh Herbs
- Garlic Green Beans
- Steamed Garden Veggies
- Side of Brown Rice

DESSERTS

- Triple Fudge Brownie with Whipped Cream
- Raspberry Sorbet
- Apple Crisp with Ice Cream
- Pie of the Day
- Fresh Fruit Medley
- Yogurt Topped with Berries and Peanuts

BEVERAGES

- Milk
- 100% Fruit Juice
- Lemonade
- Caramel Mocha Espresso
- Sparkling Water
- Soda Pop
- Extra Sweet Tea



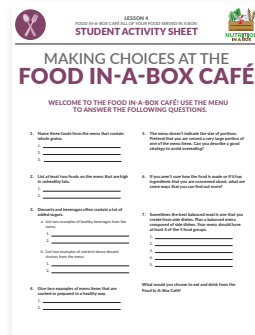


MAKING CHOICES AT THE FOOD IN-A-BOX CAFÉ

HERE'S WHAT TO DO AT THIS STATION:

1 Review the “Food In A Box Café” Menu on the wall poster. You will make choices based on the information you have learned from the Nutrition In A Box program. The menu is designed to include a variety of choices from all food groups. Some of the choices are much healthier than others.

2 Complete the “Making Choices at the Food In A Box Café” student activity sheet. You may want to work with one or two classmates when completing this sheet.



3 At home, complete the “Not so Fast... Make a Game plan for Eating Out” student weekly worksheet.





MAKING CHOICES AT THE FOOD IN A BOX CAFÉ

WELCOME TO THE FOOD IN A BOX CAFÉ! USE THE MENU TO ANSWER THE FOLLOWING QUESTIONS.

1. Name three foods from the menu that contain whole grains.

1. _____
2. _____
3. _____

2. List at least two foods on the menu that are high in unhealthy fats.

1. _____
2. _____

3. Desserts and beverages often contain a lot of added sugars.

- a. List two examples of healthy beverages from the menu.

1. _____
2. _____

- b. List two examples of nutrient-dense dessert choices from the menu.

1. _____
2. _____

4. Give two examples of menu items that are cooked or prepared in a healthy way.

1. _____
2. _____

5. The menu doesn't indicate the size of portions. Pretend that you are served a very large portion of one of the menu items. Can you describe a good strategy to avoid overeating?

6. If you aren't sure how the food is made or if it has ingredients that you are concerned about, what are some ways that you can find out more?

7. Sometimes the best balanced meal is one that you create from side dishes. Plan a balanced menu composed of side dishes. Your menu should have at least four of the five food groups.

What would you choose to eat and drink from the Food In A Box Café?



MAKING CHOICES AT THE FOOD IN A BOX CAFÉ

WELCOME TO THE FOOD IN A BOX CAFÉ! USE THE MENU TO ANSWER THE FOLLOWING QUESTIONS.

- Name three foods from the menu that contain whole grains. **Menu items with quinoa, brown rice, or "whole" as part of the description of grain**
 - _____
 - _____
 - _____
 - List at least two foods on the menu that are high in unhealthy fats. **creamy gravy, fried foods, bacon, sausage, cheese, ice cream, pie, whipped cream, hot dog**
 - _____
 - _____
 - Desserts and beverages often contain a lot of added sugars.
 - List two examples of healthy beverages from the menu.
 1. **Milk** _____
 2. **Sparkling Water** _____
 - List two examples of nutrient-dense dessert choices from the menu.
 1. **Raspberry Sorbet** _____
 2. **Fresh Fruit Medley** _____
Yogurt with berries and peanuts
 - Give two examples of menu items that are cooked or prepared in a healthy way.
 - _____
 - _____

broiled, grilled or steamed items
 - The menu doesn't indicate the size of portions. Pretend that you are served a very large portion of one of the menu items. Can you describe a good strategy to avoid overeating?
 - Ask for a take home container and divide portion.
 - Split menu item with friend or family member.
 - Other ideas welcome here!
 - If you aren't sure how the food is made or if it has ingredients that you are concerned about, what are some ways that you can find out more?

Ask the serving staff to check in with the cooks or chef.
 - Sometimes the best balanced meal is one that you create from side dishes. Plan a balanced menu composed of side dishes. Your menu should have at least four of the five food groups.

Many choices based on student preferences.
- What would you choose to eat and drink from the Food In A Box Café? **personal answer**



LESSON 4
TAKING CHARGE OF YOUR CHOICES - MAKING DINING DECISIONS
STUDENT WEEKLY WORKSHEET



NOT SO FAST . . . MAKE A GAME PLAN FOR EATING OUT

WAIT! Before the server takes your order, think first! Planning ahead is the key to choosing healthier meals at fast food restaurants. The nutrition advice in the box below is intended for the typical 10 to 14 year-old and will help you plan a more balanced meal. See if you can plan a meal that meets the following calorie, fat and food group guidelines. An example is provided.

Menu Planning Guidelines (per meal):

- 600-800 total calories
- 20-25 grams of fat
- At least four different food groups

KEEP THESE POINTS IN MIND:

- You can find nutrition information for most fast food restaurants online. Just type the restaurant name in a search engine with the word “nutrition.”
- If you choose a meal that is high in fat or calories, be sure to balance your food choices during the rest of the day. It can sometimes be challenging to find fruits, vegetables and milk at fast food restaurants so include those foods at other meals and snacks during the day.
- Think about your drink choice! Avoid a load of sugar and save money by asking for water.

RESTAURANT: Burrito Bowl

FOOD ITEM	CALORIES	FAT GRAMS	FOOD GROUPS
Brown rice with oil - 1 cup + 1 tsp. oil	240	7	2 (whole) grains
Black beans - ½ cup	120	0	2 protein (or count as vegetable)
Shredded chicken - ½ cup	105	2	2 protein
Lettuce and salsa - (1 cup lettuce, ½ cup salsa)	35	0	1 cup vegetable
Cheese, grated - ½ cup	150	12	1 dairy
TOTALS	650	21	4 different food groups

RESTAURANT: _____

FOOD ITEM	CALORIES	FAT GRAMS	FOOD GROUPS

HEALTHY NACHOS Try out this “fast food at home” recipe on your friends!

1. Set out a large bowl of whole-corn tortilla chips. Try a mixture of blue and yellow corn.
2. Provide small bowls of toppings such as refried or black beans, shredded chicken or pork, grated cheese, corn, grated zucchini, avocado chunks, olives, chopped romaine lettuce, baby spinach leaves, diced tomatoes, salsa, and light sour cream. Add your own ideas!
3. Let everyone assemble their own nacho plate.

