



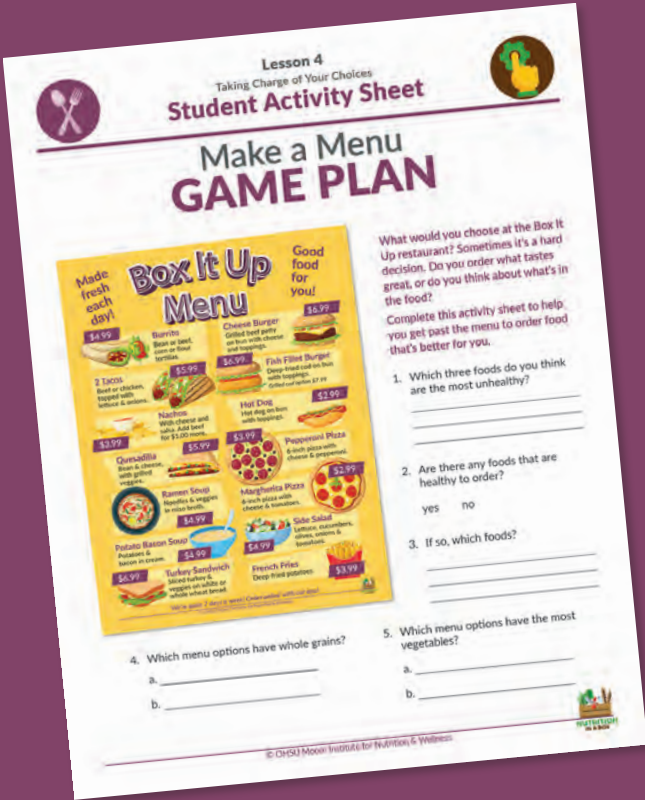
Lesson 4: Taking Charge of Your Choices



How to Make Healthy Choices at Restaurants and Grocery Stores

Find out ways to see how menus can make food items confusing.

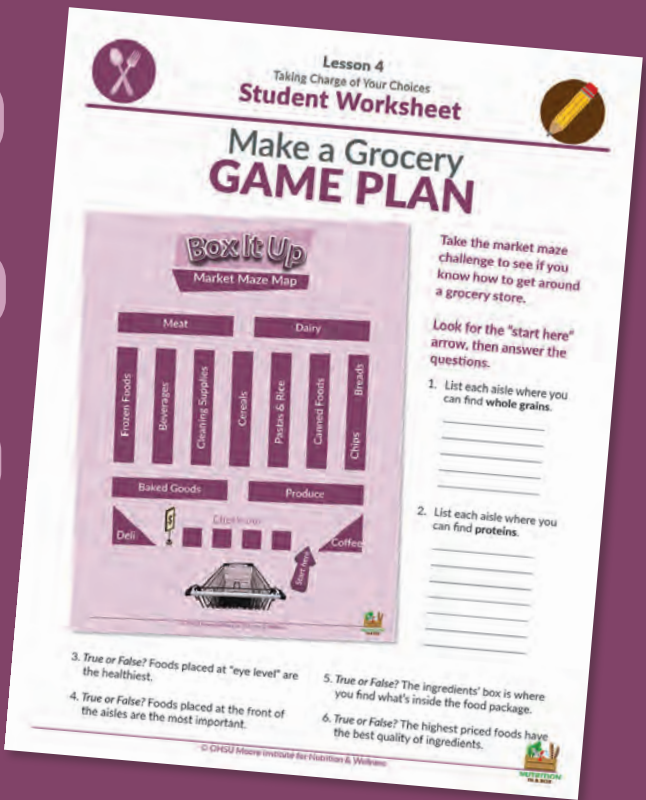
Learn to get through a grocery store like a nutrition explorer.



Make a plan before you go!

Know your nutrition facts!

Read the labels!





Lesson 4

Taking Charge of Your Choices

Student Activity Sheet



Make a Menu GAME PLAN



What would you choose at the Box It Up restaurant? Sometimes it's a hard decision. Do you order what tastes great, or do you think about what's in the food?

Complete this activity sheet to help you get past the menu to order food that's better for you.

1. Which three foods do you think are the most unhealthy?

2. Are there any foods that are healthy to order?

yes no

3. If so, which foods?

4. Which menu options have whole grains?

a. _____

b. _____

5. Which menu options have the most vegetables?

a. _____

b. _____



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Student Activity Sheet



Make a Menu GAME PLAN

Box It Up Menu	Calories	Fat	Sodium
Burrito (bean)	584	17g	1,605mg
Burrito (beef)	602	14g	1,097mg
Taco (one)	170	11g	236mg
Nachos (regular)	274	17g	250mg
Nachos (beef)	382	19g	541mg
Quesadilla	714	38g	1,305mg
Ramen Soup	384	15g	1,633mg
Potato Soup	570	28g	756mg
Turkey Sandwich	360	11g	417mg
Cheese Burger	350	14g	630mg
Fish Burger	561	29g	872mg
Fish Burger (grilled)	240	8g	270mg
Hot Dog	287	17g	860mg
Pepperoni Pizza	620	27g	1,540mg
Margherita Pizza	185	8g	440mg
Salad (plain)	54	1g	17mg
Salad (dressing)	252	19g	313mg
French Fries	274	14g	300mg

This chart shows some of the nutrition information for the menu items. Use this chart to answer the following questions.

7. Which three menu items have the most **calories**?

8. Which three menu items have the most **fat**?

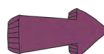
9. Which three menu items have the most **sodium**?

Make a Menu Game Plan by Thinking Outside the Box

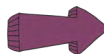
Youth should get 600-800 calories and no more than 25g of fat per meal and foods from at least four food groups. The American Heart Association says you should not get more than 1,500mg of sodium per day.

10. What would you order to meet as much of those guidelines as possible?

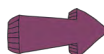
Think "Outside the Box"



Skip the bun and order the grilled cod with the rest of the toppings.



Choose the whole-wheat bread option for the turkey sandwich.



Why not split an entree with a friend and each order a salad?





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Student Worksheet



Make a Grocery GAME PLAN



Take the market maze challenge to see if you know how to get around a grocery store.

Look for the “start here” arrow, then answer the questions.

1. List each aisle where you can find **whole grains**.

2. List each aisle where you can find **proteins**.

3. *True or False?* Foods placed at “eye level” are the healthiest.

4. *True or False?* Foods placed at the front of the aisles are the most important.

5. *True or False?* The ingredients’ box is where you find what’s inside the food package.

6. *True or False?* The highest priced foods have the best quality of ingredients.



Lesson 4

Taking Charge of Your Choices

Student Worksheet



Make a Grocery GAME PLAN



Test your
shopping skills

7. *True or False?* You should go to the grocery store when you're hungry.

8. *True or False?* The nutrition facts label is the most important part of the packaging.

9. *True or False?* You should make a list of what you need before you go to the grocery store.

10. *True or False?* It can be helpful to use a nutrition app on your phone to check out foods before you buy them.

Made
fresh
each
day!

Box It Up Menu

Good
food
for
you!

\$4.99



Burrito

Bean or beef,
corn or flour
tortillas.

\$6.99



Cheese Burger

Grilled beef patty
on bun with cheese
and toppings.

2 Tacos

Beef or chicken,
topped with
lettuce & onions.



\$5.99

\$6.99



Fish Fillet Burger

Deep-fried cod on bun
with toppings.
Grilled cod option \$7.99



\$3.99

Nachos

With cheese and
salsa. Add beef
for \$1.00 more.

Hot Dog

Hot dog on bun
with toppings.



\$2.99

Quesadilla

Bean & cheese,
with grilled
veggies.



\$5.99

\$3.99



Pepperoni Pizza

6-inch pizza with
cheese & pepperoni.



Ramen Soup

Noodles & veggies
in miso broth.

\$4.99

Margherita Pizza

6-inch pizza with
cheese & tomatoes.



\$2.99

Potato Bacon Soup

Potatoes &
bacon in cream.



\$4.99



\$4.99

Side Salad

Lettuce, cucumbers,
olives, onions &
tomatoes.

\$6.99



Turkey Sandwich

Sliced turkey &
veggies on white or
whole wheat bread.

French Fries

Deep-fried potatoes.



\$3.99

We're open 7 days a week! Order online with our app!

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Box It Up

Market Maze Map

Meat

Dairy

Frozen Foods

Beverages

Cleaning Supplies

Cereals

Pastas & Rice

Canned Foods

Chips
Breads

Baked Goods

Produce

Deli



Check-out

Coffee

Start here

