

Learning About Fat and Sugar Stations Lesson Set-up

Station #1 Glasses- one glass labeled on bottom for each of the following. Students look at the glass and guess which one it is before reading the real information on the bottom.

Food Item	Calories per serving	Fat Content	Fat Content (estimated by tsp and TBsp)
1. Burger King Whopper w/Cheese	780	47	9 ½ tsp or 3 Tbsp + 1 tsp
2. McDonald's Big Mac	590	34	7 tsp or 2 Tbsp + 1 tsp
3. KFC Extra Crispy Breast w/ Skin	470	28	5 ½ tsp or 1 Tbsp + 2 ½ tsp
4. Pizza Hut Personal Pan Pepperoni Pizza	628	28	5 ½ tsp or 1 Tbsp _ 2 ½ tsp
5. McDonald's Small French Fries	210	10	2 tsp
6. Taco Bell Taco	210	12	2 ½ tsp

You will need to measure out Tbsp or tsp of Crisco and label them on the bottom for students to Guess and then see how much fat the item really is.

Station#2- You will need to use Food Models that you can order from the Washington Dairy Council.

Station #3- You will need to print off various fast food nutrition facts menus from the internet.

Station #4- You will need to print off TIPS sheets for the teenage male and teenage female from <http://www.choosemyplate.gov>