**Quick Thinking in the Fast Food Line**

1. Are milk and 100% vegetable or fruit juices as readily available as soft drinks? Are lower fat milk choices available?
2. Are there a variety of vegetable and fruit choices available? (e.g. fresh vegetables/fruit, salad)
3. Could you have the option of omitting or having sauces or dressings on the side?
4. Do you think the way that foods are advertised or marketed in the restaurant could affect your food choices? For example: Are certain foods/meals displayed more prominently than others? Do cashiers encourage customers to add to their initial order? How could these factors affect the overall nutritional value of the order?
5. A) Write down a typical meal that is ordered at this restaurant. It could be a lunch that you might usually order or a popular lunch that you see other people ordering.

B) Answer the following questions about the choice that you wrote down:

 i) Does the meal include all four four groups?

 ii) How much fat is in this meal?

 iii) How much sodium is in this meal?

 iiii) How much fibre does this meal provide?

1. It is recommended that a teenage girl should consume between 55 to 75 grams of fat per day and a teenage male should consume between 70 and 100 grams of fat per day. It is also recommended that we aim for less than 1500 mg of sodium per day. Reflect on the amount of fat and sodium in this meal.
2. How could you order differently to make this meal healthier?

8. Explore another meal that is promoted as healthy. Is this meal really a healthy choice?