Name/Title: The Fast Food Quiz

Purpose of Event: This activity is designed to show students how difficult it can be to make healthy food choices and to help them understand the nutritional information available for a variety of foods. This lesson is done at the start of a nutrition unit that I teach in a Cardio Fitness class. It was developed after I realized that many students had no idea how to make good food choices, or how to interpret nutritional information. Many students are keen to adopt or maintain a healthy active lifestyle, yet neglect to ensure that they are eating from all the food groups and that they are consuming nutritious food that is beneficial to them.

Prerequisites: Basic knowledge of the main food groups.

Suggested Grade Level: 9-12

Materials Needed: 10 stations with activity cards, equipment for each station (determined by station choices), fast food logos, 10 questions with fast food logos attached, 10 cover sheets to put over the questions (a blank piece of paper usually suffices), 1 answer sheet for each student.

Handouts:

Fast Food Quiz Nutrition Questions
Fast Food Quiz Answer Sheet
Fast Food Quiz Resources

Description of Idea

Lay out 10 stations, each with a different activity to complete. Station ideas include:

*Push ups
*Sit ups
*Jumping jacks
*Plyometric jumps over boxes/ low hurdles
*Medicine ball twists
*Jump rope
*Squats using an exercise ball
*Shuttle runs
*Dribbling a basketball
*Frisbee pass and run
*Lunges
*Tricep dips

You can have any stations you like. I like to include stations that incorporate each of the health-related components of fitness. The stations are arranged so that no successive station works the

same aspect of fitness or body part.

On each station card, indicate the number of repetitions the students need to complete e.g. 10 shuttle runs, 20 lunges on each leg etc.

On the back of each station card, stick a picture of a well-known fast food logo.

Around the the perimeter of the fieldhouse, or area you are using, post 10 corresponding nutrition questions. Cover the question with one of the fast food logos, and cover the fast food logo so that it is not visible to the students unless they lift up the cover.

Students are assigned a station to start at. They complete the activity at the station then have to locate the corresponding question posted around the area. For example, if the student finds the logo for McDonalds on the back of their station card, they have to find the question which also has the McDonalds logo on it and answer it. If students don't find the correct logo they are looking for on the 1st attempt they continue looking for the logo/question they need to answer. This way they can get in a few extra steps. After completing both the activity and answering the question for one station, students then move to the next activity station, completing them in order.

At the end of the activity, students compare answers they came up with to the correct answers. We then discuss which questions they found most surprising and most difficult to figure out.

Fast Food Quiz Nutrition Questions
Fast Food Quiz Answer Sheet
Fast Food Quiz Resources

Assessment Ideas:

*Student answer sheets

*Student projects that incorporate selecting healthy meals from various fast food restaurants

Teaching Suggestions:

For the questions, I used nutritional information available online for a variety of fast food restaurants and turned it into questions. For example, students were asked to select the meal which they thought contained the least amount of fat or calorie, when given a range of choices. I also use the portion distortion quiz, located at

http://hp2010.nhlbihin.net/portion/

to show the students how portion sizes have changed over time.

Extension questions: I verbally ask students what they know and understand about various nutritional components and terms used in the stations e.g. What role does fiber play? Why do we want to limit our intake of saturated fat? What words or ingredients help you determine if a food choice might be higher in sodium? You could also add these as extension questions to be completed during or after the activity.

Adaptations for Students with Disabilities:

The station activities could be adapted to meet the needs of the students, either by offering different stations or by reducing the number of required reps at each station.

Submitted by **Jo Bailey** who teaches at D C Everest School District in Weston, WI. Thanks for contributing to PE Central! **Posted on PEC: 4/28/2011**.

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