



Healthy Living

Blubber Burger

Overview: Fast food usually includes few veggies and fruits, is high in fat, sugar and calories and doesn't include whole grains. On top of that, sweetened drinks are often a part of fast food meals, and portion sizes are large. Include information from the "Background: why eat fewer fast foods and convenience foods?" sheet depending on the age of youth and time restraints.

Supplies:

- Shortening
- Hamburger buns or small plates—1 per 2 youth
- Blubber burger cards
- Teaspoon or plastic spoons for measuring (one to scoop and one to scrape off blubber)
- Paper towels, napkins, and/or handi-wipes
- Handouts: "Big or Small which will you choose?" And Blubber Burger cards

Time: 15-20 minutes

Activities:

1. Say: We all have busy days when we feel rushed for time. Think about what you usually eat when you're rushed and there's no time to prepare a meal.

- Have youth name some of the foods they like to eat when they have to eat away from home.
- Ask youth how healthy they think fast foods and other convenience foods are for them.
 - Make sure to emphasize that these foods are high in fat and/or sugar, therefore, high in calories, they contain few fruits and veggies, and few whole grains or fiber. These foods can contribute to overweight and diseases like cancer and heart disease.
- When dining out choose low-fat dairy or water instead of sweetened beverages, choose smaller portions, and include more fruits and veggies whenever possible.

Say: Let's take a look at portion sizes to see how large some fast food items are. Use the "Big or Small" handout

2. Demonstrate: Tell youth that you are going to show them a way that they can picture the amount of fat that's in different fast foods by making a "Blubber Burger". Using the Big Mac as a reference, measure out 6 teaspoons of shortening onto a bottom burger bun or small plate. Don't spread the shortening—leave it in globs and leave the top bun off. Explain that there are **5 grams of fat in 1 teaspoon!**

3. Divide youth in to teams and give each team a card from a fast food restaurant. Make sure to use pairs of cards so the youth have to go find a team with a card from the same restaurant as theirs.

- Have teams measure out the number of teaspoons of fat for their food item and place it on a bun half or a small plate. Tell the youth that the food they have may not normally come on a bun but measure it the fat onto the bun anyway. *Circulate among the groups to help as needed.*

Make sure to provide paper towels, napkins, and/or handi-wipes to help youth clean up after measuring the fat!

- Have youth circulate around the room to see what foods other groups used for the lesson. Also, if time permits, have youth explain the food item they chose, how much fat was included, and how many teaspoons of fat were included.

3. Recap the main points of the lesson by asking students what they learned, if anything surprised them, and if they think they might eat differently after participating in the lesson.

<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>McDonald's® 10 Chicken McNuggets In one 10-piece order, there are: 460 Calories 6 teaspoons fat (29 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Wendy's® 1/2 lb Single Hamburger® with Cheese In this burger, there are: 530 calories 5 teaspoons fat (27 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Taco Bell® Cheese Quesadilla® In this quesadilla, there are: 480 calories 6 teaspoons fat (27 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 
<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>McDonald's® 4 Chicken McNuggets In one 4-piece order, there are: 190 Calories 2 teaspoons fat (12 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Wendy's® Ultimate Chicken Grill In this chicken sandwich, there are: 350 calories 1 teaspoon fat (7 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Taco Bell® Bean Burrito® In this burrito, there are: 370 calories 2 teaspoons fat (10 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 
<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Subway® 6-inch Ham Sub In this 6-inch sandwich, there are: 290 calories 1 teaspoon fat (4.5 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Burger King® Value-Sized French Fries In this order of fries, there are: 220 calories 2 teaspoons fat (11 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Dairy Queen® 1/4 Pound Bacon Cheese Grillburger In this burger, there are: 630 calories 7 teaspoons fat (35 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 
<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Subway® 6-inch Meatball Marinara™ In this 6-inch sandwich, there are: 580 calories 5 teaspoons fat (23 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Burger King® Large French Fries In this order of fries, there are: 540 calories 5 teaspoons fat (27 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 	<p>CHOOSE HEALTHY FOOD, FAT, AND FITNESS</p>  <p>Dairy Queen® Original Cheeseburger In this cheeseburger, there are: 400 calories 4 teaspoons fat (18 grams)</p> <p>YIELD: A01-S-V-1: BLENDED BURGER CARD</p> 

Background: Why eat fewer fast foods and convenience foods?

Fast Foods and Convenience Foods Tend to Be High in Fat, Sugar, and Calories

Many fast foods (foods bought at fast food restaurants) and convenience foods (foods bought already prepared, often frozen) are high in fat and/or sugar and therefore are calorie dense, meaning they have a lot of calories for their size. Because we tend to eat by volume, not by calories, it is easy to eat more of these foods than our bodies need, leading to weight gain. Fried foods and sweetened beverages in particular add many calories with few if any nutrients. And the fat in many fast and convenience foods is solid fat (saturated and/or trans), the kind to avoid.

Fast Foods and Convenience Foods are Often High in Sodium

Ever wondered why you feel thirsty after a fast food meal? Salt and/or sodium are often added to fast foods and convenience foods to make them taste better or as part of processing. Sodium is increasingly recognized for its role in health complications such as high blood pressure and other diseases.

Fast Food Portions are Large

Fast food portions have increased over the years – what is now called “small” is much larger than what was called “small” a generation ago. These larger portion sizes, and the frequent offering of even larger portions for just pennies more, contribute to over-eating. Instead, share an order or take half home!

Eating Away from Home Can Lead to Weight Gain

Americans eat about a third of their meals away from home. The more often people eat away from home, the more likely they are to be overweight due to the issues above.

It's Tough to Follow the Dietary Guidelines When Eating Fast Foods

Fast food meals don't usually include vegetables and fruits, whole grains, or low-fat dairy products. In addition, the Dietary Guidelines recommend choosing foods that limit saturated and *trans* fats, cholesterol, added sugars, and salt, all of which tend to be high in fast and convenience foods. It is difficult to follow these guidelines when eating a lot of fast foods and convenience foods.

Fast and Convenience Foods Don't Leave Room for Healthier Foods

Another problem with eating lots of high-fat and high-sugar (calorie-dense) foods is that these can take the place of healthier foods in our diets, like fruits, vegetables, whole grains, and low-fat dairy products. These healthier foods provide important nutrients that our bodies need, with fewer calories.

How Can We Create Healthier Meals that are Also Fast?

Fast meals can be greatly improved by making healthier food choices when eating out or when purchasing convenience foods, and by learning some quick, easy meals to prepare at home instead of eating out.

How Many Grams of Fat in a Teaspoon?

We saw earlier that there are 4 grams of sugar in 1 teaspoon. For fat, however, there are 5 grams in 1 teaspoon, because fat has a higher density (is more densely packed) than granulated sugar. In this lesson's fast food cards and menus, both grams and teaspoons have been rounded to whole numbers.

Big or Small: Which Will You Choose?

French Fries

Small

220 calories

2 teaspoons fat



Large

540 calories

5 teaspoons fat

Soda



Water

0 calories

0 sugar



12-ounce Cola

150 calories

10 teaspoons sugar



30-ounce Cola

360 calories

25 teaspoons sugar

CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

McDonald's[®] Big Mac[®]

In one Big Mac, there are:

540 calories

**6 teaspoons fat
(29 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

McDonald's[®] 10 Chicken McNuggets

In one 10-piece order, there are:

460 Calories

**6 teaspoons fat
(29 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

McDonald's[®] 4 Chicken McNuggets

In one 4-piece order, there are:

190 Calories

**2 teaspoons fat
(12 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Wendy's®

1/4 lb Single Hamburger® with Cheese

In this burger, there are:

530 calories

**5 teaspoons fat
(27 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Wendy's® Ultimate Chicken Grill

In this chicken sandwich, there are:

350 calories

**1 teaspoon fat
(7 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Taco Bell®

Cheese Quesadilla®

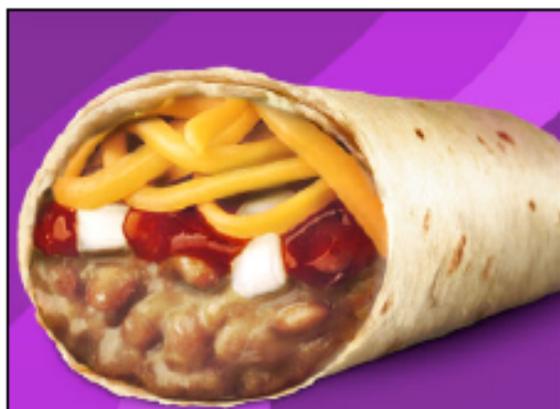
In this quesadilla, there are:

480 calories

**5 teaspoons fat
(27 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Taco Bell® Bean Burrito®

In this burrito, there are:

370 calories

**2 teaspoons fat
(10 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Subway® 6-inch Ham Sub

In this 6-inch sandwich, there are:

290 calories

**1 teaspoon fat
(4.5 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Subway® 6-inch Meatball Marinara™

In this 6-inch sandwich, there are:

580 calories

**5 teaspoons fat
(23 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

**Burger King®
Value-Sized French Fries**

In this order of fries, there are:

220 calories

**2 teaspoons fat
(11 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

**Burger King®
Large French Fries**

In this order of fries, there are:

540 calories

**5 teaspoons fat
(27 grams)**



CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

**Dairy Queen®
¼ Pound Bacon Cheese Grillburger**

In this burger, there are:

630 calories

**7 teaspoons fat
(35 grams)**



Bacon Cheese GrillBurger  Tasty Info

CHOOSE HEALTH: FOOD, FUN, AND FITNESS



VISUAL AID 5-V-1: BLUBBER BURGER CARD

Original Cheeseburgers  Tasty Info

Dairy Queen® Original Cheeseburger

In this cheeseburger, there are:

400 calories

**4 teaspoons fat
(18 grams)**

