

## Supersize Me?!

### Nutrition Lesson(s) Supported:

- Fast Food Frenzy
- Portion Distortion

### Supplies Needed:

- Measuring spoon
- Crisco®
- Nutrition labels

### Length of Time to Complete:

10 minutes

### Audience (grades): 4-8

### Background:

Many of the menu items at fast food restaurants are high in fat, saturated fat, salt, and/or sugar. In addition, the portions often exceed daily recommendations for total fat, calories, and sodium. This lesson is to demonstrate exactly how much fat is in a 'supersized' meal. \*This activity is appropriate for 4<sup>th</sup> grade and up

### Process:

\*One tablespoon of Crisco is equal to 12 grams of fat.

Using a measuring spoon, show how much fat is in a McDonald's Big Mac (29 grams (2.5 tablespoons of Crisco) and large fry (25 grams or 2 Tbsp Crisco). Tell the students when they 'Super Size' how much fat they are consuming (54 grams!). Growing bodies need 50-65 grams of fat (depending on age and activity level of child) in one day.

One Big Mac combo meal contains as much fat as you need in one day! Compare to regular cheeseburger (12 grams of fat or 1 Tbsp Crisco®) and small fries (14 grams of fat or 1+ Tbsp Crisco®).

Your body needs fat, but not all fats are equal. Fats found in fast food are usually saturated fats or trans-fat; these fats cause heart disease by clogging your arteries. Healthy fats, fats found in nuts, oils, and avocados are good for your heart. Fast food restaurants are offering healthier menu options. Brainstorm as a class what items would be better choices.

