

Teacher Guide: EATING AWAY FROM HOME

Key Messages

- Eating away from home often costs more than meals prepared at home.
- Foods selections at restaurants and fast-food restaurants are often high in fat, salt and sugar and low in fiber.
- People tend to over eat (consume too many calories) away from home because restaurants often serve large portions of foods and fast-food restaurants offer super-sized meals.
- Make healthful food choices when eating away from home.
 - Baked, broiled or steamed foods
 - Plain vegetables without butter, margarine, sauces or cream.
 - Skim milk, 100% fruit juice, water or diet soda
 - Salads with low-fat dressings
 - Don't super-size your meal or share a super-sized meal to save money and calories.

Objectives

Participants learn:

- where people eat away from home.
- how to compare the cost, convenience and nutrition of foods eaten away from home vs. homemade meals.
- how to make healthful food choices when eating away from home.

Suggested teaching materials:

- Sample menus with prices from restaurants and fast-food restaurants
- Newspaper grocery ads prices
- Eating Away from Home handout

ACTIVITIES

- Have clients discuss changes they will make in their diet when they eat out. Use sample menus from restaurants for food choice selections.
- Compare sample menus and prices from restaurants and fast-food restaurants
- Compare costs of eating out vs. eating at home. Some restaurant or fast-food meals may be cheaper than home cooked. Compare also cost of transportation for getting there, time (food preparation and cleanup, eating out takes time to get there and be served), portion sizes and nutrition. Use menus from fast-food restaurants and newspaper grocery ads to compare pricing.