



## Unit 6

### Choosing Food Away from Home

#### Outcomes

---

- Recognize cost and nutrition issues associated with eating at fast food restaurants
- Identify strategies/techniques that save money and help make lower fat choices



#### Overview

When was the last time you ate at a restaurant? Americans are eating more meals away from home and spending more of their food dollars on restaurant meals than ever before. Since eating out is a way of life for many people, in this unit you will learn about making healthy food choices when you're away from home. You will also learn about some ways to save money when eating out.



#### Reading Assignments

*Put a check mark in the box as you complete each of these*

- The ADA Complete Food and Nutrition Guide 3<sup>rd</sup> edition, chapter 14, Your Food Away from Home. Read pages 338-345 (*Dining Out for Health and Pleasure*). Read through pages 346-352 and fast food facts on pages 353-354 to see what's there.**

This chapter has a lot of information about eating away from home. As you read the various strategies, think about the choices you make when eating out. Which strategies are you already using? Which ones would be easy for you to do? Which ones would be difficult? Do you think the tips for eating out are appropriate for a WNEP (low-income) audience? Why/why not?

- WNEP Booklet, *Eating for Pleasure and Health*, pages 12-13**  
<http://learningstore.uwex.edu/pdf/B3538.pdf>

This information gives you another way to understand how much fat is found in fast or quick service foods.



### Learning Activities

*Put a check mark in the box as you complete each of these*

- How do your fast-food meals measure up?**  
Make a copy of the activity on page 347, **The ADA Complete Food and Nutrition Guide, 3<sup>rd</sup> edition**. Find out how your food choices measured up.
  
- Review and Practice Teaching Lesson 12 from “Money For Food”**  
Find the lesson at <http://www.uwex.edu/ces/wnep/teach/mff/index.cfm>



What are some strategies you personally could use to keep spending in control for food eaten away from home?

What are some strategies for choosing fast food meals with less fat?

What are at least three ways that WNEP learners can keep spending for food away from home from getting out of control?